



Youth Football Development Federation

Mental health and wellbeing statement

The statement

We respect the rights and dignity of all of our young athletes and acknowledge that everyone who is involved in our organization has mental health and wellbeing needs.

As part of our commitment to ensuring we take mental health and wellbeing into consideration in all aspects of our sport, we're working towards making sure that:

We support our staff to hold some level of mental health and well-being awareness training

We demonstrate how our staff can be welcoming towards people experiencing a problem with their mental health and wellbeing

We respect that everyone needs to take care of their mental health and wellbeing and that some of us may need more support than others

There are key members of staff (welfare officers or other designated roles) in our organisation who are happy to discuss how our sport can be adapted to suit your mental health, and wellbeing needs or how we can be more inclusive

We regularly ask all our young members if they are happy with the level of support they receive from us and whether it could be improved in any way

as an organisation, we recognize how the pressures of competitive sport can affect young people's mental health and wellbeing

all staff know the details of the mental health and wellbeing support services available to both staff and young people

all staff know how to raise concerns to protect young people who are experiencing a mental health crisis or identifying as at risk of self-harm or suicide as part of our safeguarding reporting procedures*

support and information on mental health and wellbeing continues to be shared as young people progress on the talent pathway and the potential pressures of funding, sponsorship and achievement come into play

Note: The term 'young person or people' describes any person under the age of 18.

People in our organization you can talk to

Our Federation Welfare Officer

Name: Leane

Tel:

Email:

Our Wellbeing Lead

Name: Christopher Parry

Tel: Temporary please use the email below (due to other commitments)

Email: federationwelfare@outlook.com

Outside our organisation

The safeguarding leads in our local Active Partnership and National Governing Body are:

NGB Lead Safeguarding Officer

Name: CPSU

Tel:

Email:

Active Partnership Lead Safeguarding Officer

Name: CPSU

Tel:

Email:

In a safeguarding emergency,
Where a young person is at immediate risk of harm,
call 999.

Support services

Support for coaches, staff and volunteers

NSPCC helpline

If you're worried about a child, even if you're unsure, contact the NSPCC's professional counsellors for help, advice and support

Tel: 0808 800 5000 | [nspcc.org.uk/helpline](https://www.nspcc.org.uk/helpline)

UK Sports Institute

UK Sports Institute works with elite athletes to improve performance and athlete wellbeing

uksportsinstitute.co.uk

Mind

Sport, activity and mental health information and advice

mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health

Rethink

Information and advice on mental health and local support services

rethink.org

Support services for children and young people

Childline

Information and support line for young people

Tel: 08001111 | [childline.org.uk](https://www.childline.org.uk)

The Mix

Information, support and listening line (24 hours) for people under 25

Tel: 0808 808 4994 | [themix.org.uk](https://www.themix.org.uk)

Samaritans

24-hour confidential listening and support for anyone who needs it

Tel: 116123 | [samaritans.org](https://www.samaritans.org)

Young Minds

Information and signposting to mental health support for young people and parents

[youngminds.org.uk](https://www.youngminds.org.uk)

Further information

NSPCC Child Protection in Sport Unit (CPSU)

Information and resources related to this topic are available at:

the cpsu.org.uk/help-advice/topics

