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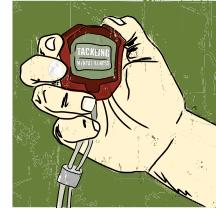
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Foreword - Réamhrá

Helping Clubs Help their Members

Over the past number of years Ulster GAA has undertaken to address a number of health challenges, and I welcome the addition of the 'Heads Up' Mental Health Campaign to our set of programmes. Tragically in recent times the GAA family has been affected by the loss of members through mental ill-health, some through death by suicide while others have been unable to continue their involvement due to their illness. The devastating impact of mental ill-health in our Clubs and Communities cannot be understated and I trust that this resource, which has been developed to assist GAA clubs in Ulster to promote mental wellbeing among members, will assist in supporting those who need it.

I acknowledge the massive contribution of the numerous mental health organisations, who work tirelessly throughout this island to improve the lives of people who are facing challenges to their mental wellbeing. It is to these services that our clubs will turn for training, counselling and other expertise, and we in the GAA are grateful for their work.

The contribution of our own GAA clubs and volunteers, in providing a community hub and social and recreational outlets to members, has also to be acknowledged as important preventative factors in tackling mental ill-health. I firmly believe that the 'Heads Up' resources, coupled with the good work already undertaken by our GAA volunteers and with the assistance of the mental health organisations, will provide necessary support and information to any member who may be experiencing difficulty.

Mártin Ó Maoláin

Is mise,
Martin McAviney
Uachtarán
Chomhairle Uladh C.L.G.



How to use this resource

This folder is intended as a bank of information which may be referred to at any time throughout the year.

There are sections that assist club members in identifying the warning signs that someone may have a problem; suggestions on how to best foster good mental health among your membership and advice on where professional help may be got.



What to do

- Make this resource available to those who hold coaching or officer roles within your club so they know what to look out for (Tab 1: **Mental Wellbeing**)
- Display the posters supplied around your club rooms, changing rooms and all visible areas
- Implement the recommendations on how your Club can help members (Tabs 3 and 6 **GAA Clubs** and **Training**)
- Familiarise yourself with where help and training may be sought (Tabs 5 and 7 **Codes of Conduct** and **Contacts**)
- Look after your own mental health and look out for others, see the signs (Tabs 2 and 4 **Mental Illness** and **Help**)

What is meant by Mental Health and Emotional Wellbeing?

Mental Health and Wellbeing describes your mental state and affects every one of us. It affects how we think and feel about ourselves and our lives and how well you can cope with day-to-day life. Our mental wellbeing can change, from day to day, month to month or year to year.

Commonly several terms are used when people are talking about mental wellbeing – it may be referred to as mental health problems, mental illness, emotional wellbeing or mental welfare. For the purpose of this resource we will refer to it as Mental and Emotional Wellbeing.

It is important to remember that it is natural to feel happy when something positive happens to you, to feel sad or angry when a bad event occurs, or scared and anxious if you are dealing with something worrying.

Part of ensuring good mental health and wellbeing is recognising that it is natural to feel different emotions, but also knowing when you perhaps need some help in dealing with life events and mental health conditions.

What this might sound like?

"I drink to hide my real feelings"
"I'm putting on silly bets everyday now"

"We've broken up"
"They're not speaking to me"
"I can't get on with Dad"

"I'm injured - that's my year finished"

"I am broke"
"I owe so much money"

"I have so much on I can't get anything done"

"I've failed my exams"
"I've no work"

What affects your mental wellbeing

Relationships

For most of us multiple relationships are a part of everyday life. There are those whom we value and hold dear such as family, partners, friends and some teammates. An extension of our close network may consist of other teammates, classmates, work colleagues and other individuals in our community. The dynamic of relationships is changing constantly as people move in and out of our lives.

The nature of the relationships may also be fluid, with ups and downs brought about by arguments, fights, fall-outs, break-ups, make-ups, relocations and deaths. Any of these life events can have a major impact on the mental wellbeing of the individuals involved.

TAKE ACTION

- Don't bottle up your feelings and hope things will change on their own
- Talk about what has caused your hurt / upset
- Be prepared to listen to what the other person has to say
- Take time out if you feel you cannot continue but resume the conversation when you are more settled.



Bereavement

In the immediate aftermath of a death, some people describe feelings of:

- Shock
- Numbness
- Very weepy
- Unable to cry
- Difficulty sleeping
- Physical symptoms such as palpitations
- Completely unable to cope
- In need of a lot of practical and emotional support
- Detached from the reality of what is happening
- Appear to be able to calmly go about practical tasks.

In the weeks following bereavement a person's feelings may include:

- Anger
- Depression
- Weepiness
- Tiredness
- Low mood
- Thoughts of 'what is the point in going on'
- Guilt
- Reviewing the relationship which has just ended
- Revisiting the circumstances of the death
- Sense of helplessness
- In some instances, a sense of relief following a painful or prolonged illness.

Coming to terms with a death is a very gradual process which can take a considerable time. In time, people can gradually be able to get on with their lives. It may be difficult to accept the death of a loved one but it is possible to move on with life in spite of this.

Supporting someone who has been bereaved

TAKE ACTION

- Spend time, talk and listen to the bereaved person
- Talking about the dead person can be helpful for the grieving person so try not to avoid mentioning them in everyday conversation
- Don't take anger or irritability personally, or expect too much of the bereaved person initially, even if they appear to be coping.

If the person seems to be not coping at all well, encourage them to seek help through their family doctor, or one of the groups at the back of this resource.

Career, Studies and Finance

Our mental wellbeing can be enhanced or diminished at any given time due to career, studies or financial issues.

Career

As a general rule of thumb employment is considered better for mental health than being unemployed, but there are exceptions to the rule. Jobs that are badly paid or demanding, or where employees feel unsupported or have little power and control, can often have a negative effect on mental wellbeing.

TAKE ACTION

- Consider how your current employment makes you feel – satisfied and challenged or anxious and stressed?
- Is the pressure balance right?
- Consider what YOU can do to redress this balance
- Consider WHO you can talk to that may assist with changes
- Don't assume things cannot and will not change – make the change happen.

Studies

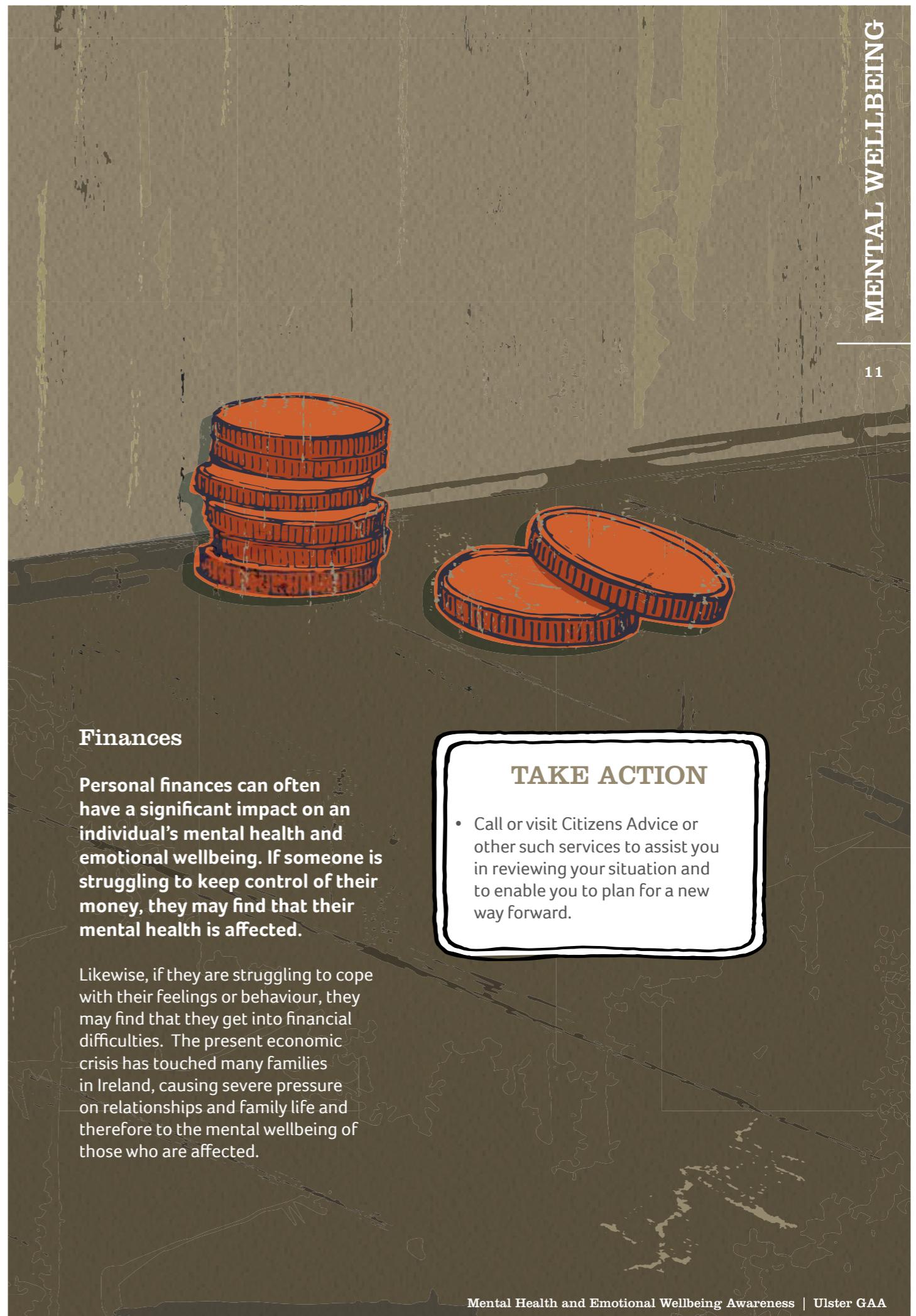
For those who are in full or part time education, the pressure of assignments and exams can often have an effect on their short term mental wellbeing. It is perfectly normal to experience symptoms of anxiety or stress before and during an exam.

However, these symptoms may also be prolonged, lasting for several hours or even days. Symptoms may be so severe that performance in an exam is significantly affected and the ability to socialise and undertake everyday tasks diminished.

People who already suffer from anxiety, depression or other mental health problems, are more likely to experience difficulty coping with the stress of exams or pressure of deadlines.

TAKE ACTION

- Recognise how you respond to exam or study stress
- Is it prolonged or short term?
- Consider how you could differently approach deadlines and exams through planning and preparation
- Visit student support services or speak with a teacher/lecturer you feel comfortable with
- Don't allow the problem to escalate out of control
- Check the services listed in **Contacts** for help if you feel you need it.



Finances

Personal finances can often have a significant impact on an individual's mental health and emotional wellbeing. If someone is struggling to keep control of their money, they may find that their mental health is affected.

Likewise, if they are struggling to cope with their feelings or behaviour, they may find that they get into financial difficulties. The present economic crisis has touched many families in Ireland, causing severe pressure on relationships and family life and therefore to the mental wellbeing of those who are affected.

TAKE ACTION

- Call or visit Citizens Advice or other such services to assist you in reviewing your situation and to enable you to plan for a new way forward.

Alcohol & Substance Misuse

*source www.mindingyourhead.info

Many people in Ireland drink alcohol without experiencing any problems. A couple of drinks can help us relax and meet new people or make a party or celebration more enjoyable.

While people may think alcohol helps them to cope with difficult situations and emotions, to reduce stress or relieve anxiety, alcohol is in fact associated with a range of mental health problems, including depression.

Alcohol has also been linked to suicide. The Mental Health Foundation reports that:

- 65% of suicides have been linked to excessive drinking
- 70% of men who kill themselves have drunk alcohol before doing so
- almost one third of suicides among young people take place while the person is intoxicated
- in around half of all self-harm attendances at A&E, alcohol has been consumed either immediately preceding or as part of the act of self-harm.

Excessive drinking can also disrupt normal sleeping patterns resulting in insomnia and a lack of restful sleep which can contribute to stress.

Tips to enjoy alcohol sensibly

Always look after yourself and try to stick to the daily alcohol limits and the tips below to be able to enjoy alcohol sensibly.

Don't:

- ever drink and drive
- drink on an empty stomach
- drink in rounds as this may speed up the frequency of your drinking pattern
- leave your drinks unattended
- participate in drinking games.

Do:

- take sips rather than gulps
- alternate each alcoholic drink with a non-alcoholic drink eg water or a soft drink
- set yourself a limit and try to stick to it (refer to daily alcohol limits)
- take frequent breaks from drinking to give your body time to recover
- tell friends and family where you are going and who you will be with.

Drugs

Not everyone will experiment with drugs, but some people will. While this may not always lead to problematic use, any amount of drugs can have adverse effects on our mental and physical health. Using drugs often can have unexpected negative consequences because you're never 100% sure what's in the drug and how you will react. All drugs affect us in ways we can often underestimate. Different people will react differently to different drugs, resulting in individual effects and experiences. It is particularly dangerous to take drugs if you:

- are on your own
- are ill, very tired or depressed
- are on medication
- have a medical condition such as asthma, diabetes, epilepsy, high blood pressure, mental illness or heart disease.

The GAA's Alcohol and Substance Abuse Prevention (ASAP) programme was established with the aim of preventing harm caused by alcohol and other drugs.

The ASAP programme website www.gaa.ie/asap contains a raft of information for clubs who are beginning their journey on the programme or who are fully involved and want to further their reach and impact.

In order to respond effectively to drug and alcohol related problems every club must develop a Club Drug and Alcohol Policy that is appropriate to the local area and to select a person to be their ASAP Club Officer to help implement this policy.

(A sample policy has been added to the 'Codes of Conduct' tab to aid clubs in this regard).

A huge amount of work has been undertaken by Clubs in the promotion of this programme and it has been successful in supporting clubs and individuals who have encountered difficulties.

"The ASAP programme website www.gaa.ie/asap contains a raft of information for clubs who are beginning their journey on the programme or who are fully involved and want to further their reach and impact".

Recognising the signs of mental ill-health

Symptoms of mental illness are specific to each individual and type of mental illness. They can manifest themselves in behavioural, cognitive, emotional or physical indicators.

No one symptom is indicative of a mental health problem, but the need for support increases with the number of symptoms that are reported or observed. There are a few symptoms that are more common than others and these may assist you in identifying if someone in your Club is in difficulty.

1. Mood swings that are out of character

It can be difficult to distinguish between mood swings that are associated with teenage years, and those of depression or other mental health problems. The following points have been identified by experts in assisting the distinction:

- Severity:** The more pronounced the symptom the more likely that the problem is not a passing mood.
- Duration:** Any deterioration in behaviour or mood that lasts two weeks or longer, without a break.
- Places:** Problems noticed in several areas of functioning — at home, in school, at the club, and in interactions with friends.

2. More irritable or agitated

- The individual may appear more ‘jumpy’ than usual and this increased anxiety can even lead to panic attacks.

3. Change in appearance

- You may notice deterioration in the personal appearance or hygiene of the individual. Any mental health problem can affect a person’s ability and motivation for caring for their appearance.

4. Seemingly increased use/dependence on alcohol or other drugs

- Some people may start to use a particular substance to relieve a specific set of symptoms they are experiencing. They may believe that the drug will result in altered sensations or images to those they are currently feeling.

5. Change in interest levels

- A loss of interest in activities that once held interest be these sport, studies, career, or other hobbies, can signal concern. Things that once were high priorities may seem pointless, or it could be that the person doesn’t feel he or she has what it takes to succeed in the activity.

6. Performance suffering

- If a player is suffering from symptoms such as not eating or sleeping well, feels tired or fatigued, performance is very likely to be affected. Combine this with feelings of low mood, decreased motivation, poor concentration, and it may be understandable that performance would suffer.

7. Slump in energy levels

- A decrease in energy and activity levels with feelings of fatigue or tiredness is commonly associated with mental ill health. Low energy levels may mean that the previous reported loss of interest may not even be conscious

8. Isolating self or socializing less

- It is not uncommon for someone who is experiencing mental ill-health to withdraw socially. Thus, you may have less opportunity to notice a problem. There are many reasons why someone may withdraw. An individual may feel increased anxiety in social settings even among close friends and family. It can also occur because of low self-esteem, meaning the person may feel as though he or she is a burden on other people.

Poor mental health can lead to poor physical health and vice versa. Look out for the signs and tackle them right away!

Mental Disorders

What are the most common mental health disorders?

Help for each of these mental health problems can be sought from the professionals listed in the 'contacts' section of this resource.

Common Diagnoses

Anxiety

- Feeling of fear we all experience when faced with threatening or difficult situations
- Helps us to avoid dangerous situations
- Makes us alert and motivates us to deal with problems.

Panic

- A sudden unexpected surge of anxiety which makes you want to leave the worrying situation.

Phobias

- (e.g. Agoraphobia) are fears of a situation or thing that isn't dangerous and which most people don't find troublesome.

When these feelings become too strong they can stop us from doing the things we want to

Stress

Often the result of some event or trigger:

- Negative - such as the death of a loved one (acute), redundancy, divorce or relationship ended (chronic)
- Positive - a new partner, new job or going on holiday.

Negative stress-management techniques:

- Drinking alcohol, using drugs or smoking cigarettes
- Denying the problem
- Overeating
- Angry behaviour.

Positive stress - management techniques:

- Take a power nap
- Relaxation: massage, meditation, yoga etc
- Express yourself artistically/ creatively (e.g. acting, playing an instrument, writing poetry or singing)
- Have a laugh
- Be gentle to yourself – positive 'self-talk'.

Depression

- Depression lowers your mood, and can make you feel hopeless, worthless, unmotivated and exhausted
- It can affect sleep, appetite, libido and self-esteem
- It can also interfere with daily activities and, sometimes, your physical health.

...you can help yourself and you can get help from other people.

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Bipolar disorder (formerly known as manic depression)

- If you have bipolar disorder you will experience swings in mood
- During ‘manic’ episodes, you are likely to display overactive excited behaviour
- At other times, you may go through long periods of being very depressed
- There are different types of bipolar disorder which depend on how often these swings in mood occur and how severe they are.

Eating disorders

- Eating disorders can be characterised by eating too much, or by eating too little.
- If you have an eating disorder you may deny yourself anything to eat, even when you are very hungry, or you may eat constantly, or binge
- The subject of food, and how much you weigh, is likely to be on your mind all the time
- Your eating disorder is likely to develop as a result of deeper issues in your life and is possibly a way of disguising emotional pain
- Anorexia, bulimia, bingeing and compulsive eating are some of the most common eating disorders.

Schizophrenia

- Schizophrenia is a disorder which affects thinking, feeling and behaviour. It usually starts between the ages of 15 to 35 and affects about 1 in every 100 people during their lifetime.

**Causes aren't known for sure.
It's likely that several different factors may have an effect:**

- Genetic links - one in ten people with schizophrenia has a parent with the condition
- Damage to the brain during pregnancy or birth
- Use of recreational drugs, including ecstasy, LSD, amphetamines (speed), cannabis and crack
- Stress.

Post-Traumatic Stress Disorder:

Common causes

- Getting diagnosed with a serious illness
- Having (or seeing) a serious road accident
- The unexpected injury or violent death of someone close
- Continuing physical or sexual abuse
- Conflict or war experiences.

Symptoms

- Usually start within six months, and sometimes only a few weeks after the trauma
- After the traumatic event you can feel grief-stricken, depressed, anxious, guilty and angry.

Suicide and Self Harm in Ireland

All groups in Irish society experience loss through suicide and any one of us could potentially become suicidal. Within the GAA Family, tragically there have been a number of deaths through suicide and it is hoped that through raising awareness of mental health and suicide across our membership that future attempts can be prevented.

Did you know....

- Suicide is a leading cause of death in young people, particularly young males
- Approx 1 million people each year die by suicide
- Around 6,000 of these are in Britain and Ireland
- The number of young men dying by suicide has increased over the past couple of decades
- Women may be better at expressing and dealing with their distress.
- Current social, financial and economic issues have put more pressure on men.

Given the complexity of suicide, no one prevention/intervention strategy, by itself, is enough to cope with this critical problem. Rather, a comprehensive, integrated effort, involving the individual, family, school, community, media and health care system is needed,

this is where the GAA Club can play a pivotal role.

Suicide has been described as a “permanent solution to a temporary problem”. Sometimes distressing problems can appear permanent and it can seem that things will never get better. This can be a scary and lonely place to be. Having thoughts of suicide is not uncommon. However, it is very important to know that if people are having thoughts of suicide they need help and support to deal with whatever is causing them to feel this way. Every problem has a solution, but sometimes because they are feeling so low they can't see it.

This is why it is important for people to have someone to talk to about what is worrying them and often solutions and ways to resolve issues can be found with the help of others. They are not alone and there are people who can help them find a solution and work through their problems, no matter how difficult they may appear.

Suicide has been described as a “permanent solution to a temporary problem”.

Self Harm

Self-harm may be used by some people as a way to try to escape from, or deal with, some form of intolerable pain or stress in their lives. It shouldn't be mistaken for an attempted suicide, but the person does need help with whatever is causing them to feel so desperate.

Unfortunately there are times when people don't feel able to talk to anyone about what is bothering them, leaving them feeling helpless and hopeless. Sometimes harming themselves appears to be the only way of coping with whatever is going on in their lives.

If you are concerned about yourself or someone else visit:
www.mindingyourhead.info
 or download the
'Concerned about Suicide'
 leaflet from the www.nosp.ie

The Samaritans can help and can be contacted on **08457 90 90 90 (6 counties)**
1850 60 90 90 (26 counties)
 while if you are concerned about someone, **Lifeline 0808 808 8000 (6 counties)** and **Console 1800 201 890 (26 counties)** can offer support and guidance.



Download this leaflet at
www.nosp.ie

Who might be at risk? Risk and Protective Factors for Mental Illness

The table below outlines risk and protective factors for mental illness.

Risk Factors	Protective Factors
Social, environmental and economic determinants	
Isolation and alienation Lack of education, transport, housing, recreational facilities Neighbourhood disorganisation, violence and crime Socio-economic disadvantage Poverty, poor social circumstances Work stress, unemployment Poor nutrition Social or cultural injustice and discrimination Peer rejection Violence and anti-social behaviour.	Empowerment Positive interpersonal interactions Social support and attachment to community networks Social responsibility and tolerance Access to social services and a variety of leisure activities Social participation and inclusion Economic security and access to meaningful employment.
Risk Factors	
Individual and family determinants	
Parental mental illness Loneliness, social isolation Parental substance misuse Low birth weight, birth complications Personal loss – bereavement Stressful life events Physical, sexual and emotional abuse Family conflict/discord/violence Substance misuse.	Ability to cope with stress Physical activity Good parenting, stable and supportive Family environments Feelings of security, mastery and control Self-esteem Good physical health Social skills Positive attachment and early bonding Pro-social behaviour.

Adapted from WHO (2004) Prevention of mental disorders: effective interventions and policy options: summary report.

Barriers to mental health help-seeking in young elite athletes

(Gulliver, Griffiths & Christensen; 2012)

- Stigma: perceived as being weak (males), leads to those working with athletes not referring them to a mental health professional, embarrassment, media impact
- Worry about what others will think (coach, teammates and family/ friends)
- Lack of mental health literacy (not knowing about mental health disorders or what the symptoms are or when/ where to seek help)
- GP relationship
- Lack of self-recognition (others recognising it before them)
- Negative past experiences of help-seeking (problem relating to the provider or breach of confidentiality)
- Time constraints (no money or transport).

Facilitators to mental health help-seeking in young elite athletes

(Gulliver, Griffiths & Christensen; 2012)

- Having an established relationship with a provider (already knowing a counsellor or doctor)
- Being aware of your feelings and being able to express them, emotional competence
- Encouragement from others
- Positive attitudes of others (especially coach, family and friends)
- Pleasant previous experiences
- Access to internet and online mental health services.

Gulliver, Griffiths & Christensen. Barriers and facilitators to mental health help-seeking for young elite athletes: a qualitative study. BMC Psychiatry, 2012; 12: 157

How GAA Activity can promote positive Mental Wellbeing

Involvement in the GAA can have a hugely positive effect on a person's mental wellbeing. Here's just a few reasons why...

1. Socialising and getting to know others

Friendship is a crucial element in protecting our mental health and the GAA environment is the perfect place to meet people and for friendships to develop. The bonds which are developed among teams are an obvious example of this but camaraderie can be developed in all aspects of GAA life. It is important to ensure that as a Club community you come together for social and recreational events throughout the year.

2. Gaining a sense of identity and belonging

Your sense of identity has to do with who you think you are and how you perceive yourself. Being a member of the GAA can certainly enhance a person's sense of who they are, and this is all the more pronounced at Club level where local identities are enhanced.

3. Gaining a sense of purpose

The vast array of roles which are available in any GAA club can provide this sense of purpose but be careful to consider how a change in role can impact on an individual. When a player retires their sense of purpose may be altered so as a Club it is important to talk to this person to see if they will take on a coaching or administration role. If a Club person has become recently unemployed or retired they may regain a sense of purpose by taking up a role within the Club.

Never underestimate the impact that being involved in the GAA can have on an individual's sense of purpose.

4. Gaining a sense of achievement

When we set out to do something which has a positive impact on ourselves or others it commonly brings with it a sense of achievement. A seemingly small personal victory can boost morale and help you to feel better in yourself. While every team or performer cannot always win, the victory for your club might be a well organised fund raiser, the opening of a new facility or developing the skills of a group of underage players. It may not always be headline material, but involvement in GAA will almost always bring with it a sense of achievement.

In order for anything to be fulfilling there has to be some sense of achievement associated with it

5. Boosting confidence

Feelings of contentment, enjoyment and confidence are all a part of mental wellbeing. Confidence can often be linked to gaining a sense of achievement, while for others confidence may come with the identity or esteem your club is held in. Within the GAA club, taking on new roles, learning new skills or meeting new acquaintances can all assist with boosting a member's confidence.

6. Enjoyment

In order for anything to be fulfilling there has to be some sense of achievement associated with it. Roles and activities won't always be fun but there should be an element of enjoyment in what we ask of our volunteers. It may be as simple as

ensuring every training session or meeting ends with a quick cuppa and a sandwich for all present so that the hard slog can be forgotten about by the time they take to their cars to drive home!

7. Improved physical health

For those who are fortunate enough to be active in either playing or refereeing our games there are plenty of physical benefits. Improved fitness, strength, flexibility, a reduction in body fat, cholesterol and blood pressure. An increase in endorphins released can result in reduced tension, stress and mental fatigue, a natural energy boost, improved sleep, focus in life and motivation, less anger or frustration and a healthy appetite. This will also contribute to mental and emotional wellbeing benefits.



What your GAA Club can do to help members

In addition to general GAA activities, there are some things GAA clubs can do to maximise their role as the leading sporting and cultural organisation in the locality.

Develop strong relationships with others in the Community

GAA members exist in multiple domains - the Club, school, work, family, friends, church, social settings and so on. Any one of these can have an impact on the mental health of an individual. It is therefore important that there is interaction between settings, with each promoting good mental health.

The GAA Club has an important role to play in promoting positive mental health and wellbeing and it should link with others in the community who impact on its members. Continual promotion of positive mental health messages and signposting to support will reinforce self care for all.

Ask Yourself

- Does your club promote positive mental health messages?
- Is there someone from the club/ local community with expertise in an area of health and wellbeing e.g.
 - Health Improvement
 - Mental Health
 - Drugs and Alcohol Misuse
 - Counselling
 - Physical Health.
- How best could your club utilise this expertise?
- How best could you use your facilities to promote Mental Health and Emotional Wellbeing?



Create a healthy club environment

The Club's Codes of Conduct for adult and youth players, coaches, parents and spectators should all reflect a positive mental health ethos.

Draft copies of these codes are available in the 'Resources' section

Establishing partnerships with others in the community that can assist in raising awareness of good mental health and who may provide training or referral services should you need them. A list of partners at regional level is available in the 'Where to Get Help' section.

Display any posters or leaflets that promote positive health and wellbeing, both mental and physical. Your members can avail of these messages when they visit your clubhouse.

Ensure that mental health is covered in your Club's health and wellbeing policy. Adopt a Club ASAP Policy
A draft copy of both policies is available in the 'Resources' section

CLUB BH OMAGH
Naomh Enda is Ómáigh

Code of Conduct

Omagh St. Enda's are privileged to be part of the GAA. Because we're part of the GAA...

We Believe

We should be proud and content about who we are; where we're from; and the games we play.
We should put more into the Association than we take out.
We should be open and welcoming to everyone... celebrating who they are; where they're from; and the games we share.
Because of what we believe...

We Expect

People to honour their Club, their County and their Province.
Members; officers; players; and supporters to stand for and not against the GAA and to care for its assets and facilities.
Respect to be shown to players, whether from our Club or any other.
Coaches and managers to recognise their key roles... and for their work to be recognised in turn.
Referees to be appreciated, applauded and supported for the job they do.
Everyone to protect and encourage the young.
Those involved in our games to know the rules and to live and play by them.
Fairness and honesty... being ready to say the right thing in the right way at the right time.
Everyone to enjoy their involvement in gaelic games.

GIVE RESPECT
GAA

The Club's Codes of Conduct for adult and youth players, coaches, parents and spectators should all reflect a positive mental health ethos.

Volunteering is good for you!

It's good for the person as well as the Club!

Volunteers are the lifeblood of the GAA, without them the Association would cease to exist. Anyone who is involved in the GAA will be well aware of the benefits that volunteers bring to their Club, County or Province. It may not be as well documented but volunteering has been shown to be beneficial to the mental health of individuals. It can improve overall mental health and also help to protect from mental health problems.

The Mental Health Foundation lists some benefits of volunteering –

- It provides structure and routine
- It can help people feel good about themselves
- It can improve feelings of self-esteem
- It provides opportunities to make friends and take part in social activities
- It can provide learning opportunities which can protect mental health.

Research suggests that the **three main rewards** people get from volunteering are:

- the satisfaction of seeing the results
- the feeling of doing good
- meeting people.

It can improve overall mental health and also help to protect from mental health problems.

Recognise and reward volunteers

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In general, people stay involved in clubs because:

- They feel valued
- They feel their contribution is respected
- They feel part of the group and do not feel excluded from decision making
- They feel a sense of pride that they have contributed to the club.

If your club can put some of these points into practice it will be doing a good service to its volunteers in support of their mental health and wellbeing.

Consider organising events that allow your members to come together socially to reflect on the good work which has been undertaken. Events that support the health and wellbeing of members such as health fayres, community days and interactive workshops allow you to promote good mental health directly.

If your club can put some of these points into practice it will be doing a good service to its volunteers in support of their mental health and wellbeing.

Top Tips to promoting Mental Health and Emotional Wellbeing

Promoting good mental health and emotional wellbeing is important for everyone. For those who are at risk from, or experiencing mental health problems, the right support can help recovery and enable them to regain a positive sense of health and wellbeing.

Mental health promotion works at three levels:

- Strengthening individuals
- Strengthening communities
- Reducing structural barriers to mental health.

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The aim is to enhance protective factors and mitigate risk factors at both individual and community level. The evidence identifies the following key areas for attention:

- Promoting a healthy lifestyle to integrate mental and physical health
- De-stigmatising mental health issues
- Promoting parental mental and physical health
- Promoting good parenting skills
- Improving working lives
- Building resilience among children and young people in schools and youth settings
- Improving quality of life for older people
- Tackling alcohol and substance abuse
- Strengthening communities through opportunities for participation, personal development and problem solving that enhance control and prevent isolation
- Community empowerment and interventions to encourage improvements in physical and social environments and strengthen social networks.

Adapted from 'Commissioning Mental Wellbeing for All. A toolkit for commissioners'. National Mental Health Development Unit 2010 (see Appendix 1).

How Coaches can help

Coaches are in an ideal position to identify if someone needs help because of the time they spend with their players and the bond that is built within a team.

Research suggests that:

- Coaches rank alongside parents and teachers as most significant role models in young people's lives
- Personal skills delivered on the training field mirror those espoused in best-practice education models

However, coaches are not expected to be experts in mental health. The most important thing a coach can do is communicate with his or her players and establish what works best for them.

- Coaches are in a unique position to identify those with potential problems
- Trust between players and coaches enables action to be taken
- You may be the one person who someone opens up to; and your role is **ALGEE**: (Pg 33)
ASSESS for risk of self harm/suicide
LISTEN non-judgementally
GIVE REASSURANCE and information
ENCOURAGE professional help
ENCOURAGE self help/other strategies.

Coaches are in an ideal position to identify if someone needs help because of the time they spend with their players and the bond that is built within a team.

Tips for Coaches

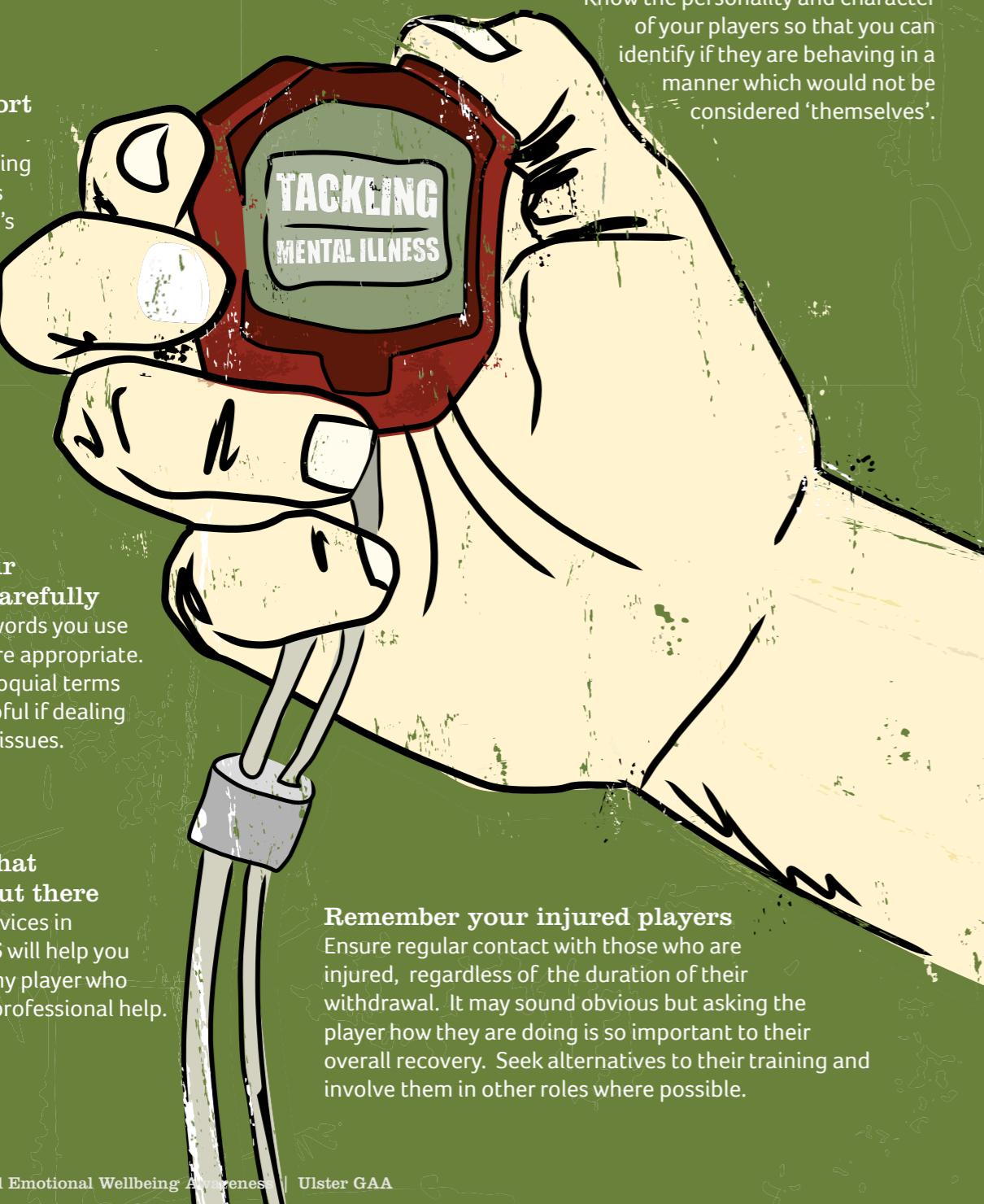
Think about how you communicate

Robust delivery to underperforming players may work for some but not for others.

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Build rapport and trust

This is something which coaches excel at, and it's importance cannot be overstated.



Choose your language carefully

Consider the words you use and if these are appropriate. Slang and colloquial terms may be unhelpful if dealing with sensitive issues.

Know what help is out there

A list of services in **CONTACTS** will help you signpost any player who may need professional help.

Remember your injured players

Ensure regular contact with those who are injured, regardless of the duration of their withdrawal. It may sound obvious but asking the player how they are doing is so important to their overall recovery. Seek alternatives to their training and involve them in other roles where possible.

Keep timings consistent

Cancelling and rescheduling, while sometimes unavoidable, should be limited as far as possible. Attendance is easier for everyone if days, times and venues are known and honoured consistently.

Know your players

Know the personality and character of your players so that you can identify if they are behaving in a manner which would not be considered 'themselves'.

How to respond when someone needs help

Mental Health First Aid teaches a five-step action plan, **ALGEE**, to provide help to someone who may be in crisis.

- **Assess for risk of suicide or harm**
- **Listen non-judgmentally**
- **Give reassurance and information**
- **Encourage appropriate professional help**
- **Encourage self-help and other support strategies.**

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ASSESS for Risk of Suicide or Harm:

When helping a person going through a mental health crisis, it is important to look for signs of suicidal thoughts and behaviours and/or non-suicidal self-injury.

Some Warning Signs of Suicide Include:

- Threatening to hurt or kill oneself
- Seeking access to means to hurt or kill oneself
- Talking or writing about death, dying or suicide
- Feeling hopeless
- Acting recklessly or engaging in risky activities
- Increased use of alcohol or drugs
- Withdrawing from family, friends, or society
- Appearing agitated or angry
- Having a dramatic change in mood.

**Always seek emergency medical help if the person's life is in immediate danger. If you have reason to believe someone may be actively suicidal, call the National Suicide Prevention Lifeline

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LISTEN Non-judgmentally

It may seem simple, but the ability to listen and have a meaningful conversation with an individual requires skill and patience. It is important to make an individual feel respected, accepted, and understood. Mental Health First Aid teaches individuals to use a set of verbal and nonverbal skills to engage in appropriate conversation – such as open body posture, comfortable eye contact and other listening strategies.

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E****GIVE REASSURANCE and Information**

E It is important for individuals to recognize that mental illnesses are real, treatable illnesses from which people can and do recover. When having a conversation with someone whom you believe may be experiencing symptoms of a mental illness, it is important to approach the conversation with respect and dignity for that individual and to not blame the individual for his or her symptoms.

L Mental Health First Aid teaches you helpful information and resources you can offer to someone to provide consistent emotional support and practical help.

ENCOURAGE Appropriate Professional Help

E There are a variety of mental health and substance use professionals who can offer help when someone is in crisis or may be experiencing the signs of symptoms of a mental illness.

- Types of Professionals
 - Doctors (primary care physicians or psychiatrists)
 - Social workers, counsellors, and other mental health professionals
 - Certified peer specialists.
- Types of Professional Help
 - “Talk” therapies
 - Medication
 - Other professional supports.

ENCOURAGE Self-Help and Other Support Strategies

There are many ways individuals who may be experiencing symptoms of a mental illness can contribute to their own recovery and wellness.

These strategies may include:

- Exercise
- Relaxation and Meditation
- Participating in peer support groups
- Self-help books based on Cognitive Behavioural Therapy (CBT)
- Engaging with family, friends, faith, and other social networks.

Coaches Code of Conduct



_____ adapts a child centred approach and philosophy in the running of the club to ensure that those working with children and young people are at all times provided a quality sporting and social programme, by working to an agreed philosophy and set of standards. Enforcement of this conduct is the responsibility of every member and any queries about the code should be referred to the Child Protection Officer or Coaching Coordinator

All Members must:

- Respect the rights, dignity and worth of all and treat everyone equitably
- Not exert influence to obtain personal benefit or reward

Coaches within the Club must:

1. Remember that young people participate for the pleasure and winning is only part of the fun. Place the well-being and safety of any juvenile above the development of performance and adhere to all guidelines laid down by the club and the GAA in general.
2. Give young people the chance to try out different playing positions.
3. Create opportunities for participants to learn appropriate sports behaviour as well as basic skills.
4. Give priority to free play activities, skill learning and small-sided games over highly structured competitions.
5. Ensure that activities are appropriate to the age, maturity and ability of the young player.
6. Keep up to date with the coaching practices and qualifications and the principles of physical growth and development. Take responsibility for ensuring training is kept up to date and keep abreast of any developments within the association.
7. Ensure that you are working at a level commensurate with your coaching qualifications
8. Promote a culturally tolerant environment.
9. Help young people understand that playing by the rules is their responsibility.
10. Always promote positive aspects of sport and never condone or participate in rules violation, bad sportsmanship, the use of foul and abusive language, the use of sectarian language and banter, the use of prohibited substances, the use of gestures or emblems which could be interpreted as provocative.

11. Encourage young people to participate in administration, coaching and refereeing as well as playing.
12. Operate within the rules of the sports and teach your players to do the same.
13. Relate to officials in a courteous and polite way.
14. Ensure that any physical contact with a young person is appropriate to the situation and necessary for the player's skill development.
15. Implement relevant sport safety policies and practices.
16. Arrive on time for all coaching sessions, competitions, social occasions and coaches must inform an appropriate person if they are unable to attend.
17. Encourage and guide young people to accept responsibility for their own behaviour and performance and encourage young people to feel confident and comfortable in making personal choices.
18. Ensure attendance records are kept of all recognised club sessions with the attendance of each participant noted appropriately. A club incident form must be used to record any accidents, injuries or untoward event.
19. Implement policy practices (and lead by example) in relation to responsible use of alcohol and in relation to recreational and performance enhancing drugs.
20. Listen to your players and ensure that the time they spend with you is a positive experience.
21. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Declaration I understand and agree to abide by this Code of Conduct. I understand that failure to abide by this Code of Conduct will result in disciplinary action by the club committee.

Signed: _____

Date: _____

Signed: _____
(Coaching officer)

Signed: _____
(Child Protection Officer)

Youth Players Code of Conduct



_____ is fully committed to the safeguarding and promoting the well being of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club must, at all times show respect and understanding for the safety and welfare of everybody. Therefore all members are encouraged to be open at all times and share any concerns or complaints that may have with their respective Team Manager.

Players must:

- Respect the rights, dignity and worth of all and treat everyone equitably
- Not exert undue influence to obtain personal benefit or reward.

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Players within the Club must:

- 1.1 Play by the rules.
- 1.2 Never argue with an official. If you need clarification, have your captain, coach or manager approach the official during a break or after the competition.
- 1.3 Work equally hard for yourself and your team. Your teams performance will benefit –so will you.
- 1.4 Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- 1.5 Show respect to and acknowledge opponents and officials (e.g. shake hands before and after the game and say things like “good luck”, “thanks for the game” etc.)
- 1.6 Cooperate with your coach, team-mates and opponents without them there would be no competition.
- 1.7 Be on time for training sessions, matches and competitions so as not to disrupt the smooth running of the team.
- 1.8 Participate for your own enjoyment and benefit not just to please parents and coaches.
- 1.9 Play fair-no verbal abuse of officials, sledging other players (including vilification) or deliberately distracting or provoking an opponent.
- 1.10 Respect the rights dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Declaration

I understand and agree to abide by this Code of Conduct. I understand that failure to abide by this Code of Conduct will result in disciplinary action by the club committee.

Signed: _____

Date: _____

Countersigned: _____ Parent/Guardian

Senior Players Code of Conduct



_____ is fully committed to the safeguarding and promoting the well being of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club must, at all times show respect and understanding for the safety and welfare of everybody. Therefore all members are encouraged to be open at all times and share any concerns or complaints that may have with their respective Team Manager.

Players must:

- Respect the rights, dignity and worth of all and treat everyone equitably
- Not exert undue influence to obtain personal benefit or reward.

Players within the Club must:

- 1.11 Play by the rules.
- 1.12 Never argue with an official. If you need clarification, have your captain, coach or manager approach the official during a break or after the competition.
- 1.13 Work equally hard for yourself and your team. Your teams performance will benefit – so will you.
- 1.14 Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- 1.15 Show respect to and acknowledge opponents and officials (e.g. shake hands before and after the game and say things like “good luck”, “thanks for the game” etc.)
- 1.16 Cooperate with your coach, team-mates and opponents without them there would be no competition.
- 1.17 Be on time for training sessions, matches and competitions so as not to disrupt the smooth running of their team.
- 1.18 Participate for your own enjoyment and benefit not just to please parents and coaches.
- 1.19 Play fair-no verbal abuse of officials, sledging other players (including vilification) or deliberately distracting or provoking an opponent.
- 1.20 Respect the rights dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Declaration

I understand and agree to abide by this Code of Conduct. I understand that failure to abide by this Code of Conduct will result in disciplinary action by the club committee.

Signed: _____

Date: _____

Non Playing Members Code of Conduct



adapts a child centred approach and philosophy in the running of the club to ensure that those working with children and young people are at all times provided a quality sporting and social programme, by working to an agreed philosophy and set of standards. Enforcement of this conduct is the responsibility of every member and any queries about this code should be referred to the Children's Officer or the Club Chairperson

All parents must:

- Respect the rights, dignity and worth of all and treat everyone equitably
- Not exert undue influence to obtain personal benefit or reward.

Administrators within the club must:

- 1.1 Make your club environment more user friendly by providing equal opportunities for all to participate.
- 1.2 Create pathways for young people to participate in Gaelic Games not just as a player, e.g. as a referee, coach, administrator etc.
- 1.3 Ensure that the types of programmes, rules, equipment, length of games and training schedules are modified to suit the age ability and maturity level of young players.
- 1.4 Provide quality supervision and instruction for junior players and ensure volunteers are adequately trained.
- 1.5 Direct coaches and officials to highlight behaviour and skill development.
- 1.6 Ensure that everyone emphasises fair play, not winning at all costs.
- 1.7 Give a code of behaviour sheet to spectators, parents and coaches and players and encourage them to follow it.
- 1.8 Remember you set an example. Your behaviour and comments should be positive and supportive.
- 1.9 Maximise child safety by conducting volunteer screening and other child protection strategies.
- 1.10 Implement Policy and practices (and lead by example) in relation to responsible use of alcohol and in relation to recreational and performance enhancing drugs.
- 1.11 Adopt and implement relevant sports safety policies and practices.
- 1.12 Promote a culturally tolerant environment.
- 1.13 Listen to your players and involve them in the decision leadership and planning and evaluation in relation to the club.
- 1.14 Respect the rights, dignity and worth of all participants regardless of their gender, ability and cultural background or religion.

I understand and agree to abide by this Code of Conduct. I understand that failure to abide by this Code of Conduct will result in disciplinary action by the Club Executive Committee.

Signed: _____ Date: _____

Countersigned: _____ Children's Officer

Code of Expectations For Parents Policy



adapts a child centred approach and philosophy in the running of the club to ensure that those working with children and young people are at all times provided a quality sporting and social programme, by working to an agreed philosophy and set of standards. Enforcement of this conduct is the responsibility of every member and any queries about this code should be referred to the Children's Officer, Designated Person, or the Club Chairperson

Parents/guardians have an influential role to play in assisting their offspring to adopt positive attitudes and encouraging them to maintain an involvement in sport. Parents should not attempt to meet their own needs for success and achievement through their children's participation in Gaelic Games. The following guidelines will be assistance in their regard:

Parents/Spectators within the Club must:

- 1.1 Attend games on a regular basis assist in their organisation of club activities.
- 1.2 Remember that children participate in sport for their enjoyment not yours.
- 1.3 Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- 1.4 Never ridicule or yell at a child for making a mistake or not winning.
- 1.5 Respect officials decisions and encourage children to do likewise.
- 1.6 Show appreciation for volunteer coaches officials and administrators.
- 1.7 Applaud good performance and efforts from all individuals and teams.
- 1.8 Congratulate all participants regardless of the game's outcome.
- 1.9 Condemn the use of violence, verbal abuse or vilification in any form, whether it is by spectators, coaches, officials or players.
- 1.10 Support policy and practices (and lead by example) in relation to responsible use of alcohol, to child protection issues and to issues involving recreational and performance enhancing drugs.
- 1.11 Support involvement in modified rules games and other junior development programmes.
- 1.12 Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

I understand and agree to abide by this Code of Conduct. I understand that failure to abide by this Code of Conduct will result in disciplinary action by the Club Executive Committee.

Signed: _____

Date: _____

Club Health and Wellbeing Policy



_____ Club values of the health of it's members and recognises the role it can play in providing opportunities, information and education on a range of health issues.

The Club seeks to ensure that the environment, culture and ethos within which it runs its affairs is conducive to the continued good Health of all it's members.

It is the aim of the Club to use the skills and expertise of both its members and professionals within the community to best promote the Health Agenda.

Objectives

The Club aims to address the following Health areas across a range of activities (adopt or delete as appropriate).

Alcohol & Drugs

1. The Club has in place a policy to deal with Alcohol & Drug related incidents.
2. Club Medal ceremonies for U18s shall not be held where there is an open bar.
3. U18's shall not be taken to pubs on the way home from matches or outings.
4. Any cup the Club wins will not be filled with alcohol.
5. Jerseys for underage teams will not carry the sponsorship of alcohol or its proprietors.
6. The Club will not sell alcohol to anyone under the age of 18.
7. Anyone working in the Club bar will have received appropriate training or education.
8. Family events will be alcohol free Club Health & Wellness Policy.

Smoking

1. All indoor areas within the Club are non-smoking.

2. There is appropriate signage around the Club to indicate it is a smoke free environment.
3. The Club will not house a cigarette machine.
4. Coaches of underage teams are not permitted to smoke during training sessions or matches.
5. Smoking is not permitted on the Club pitches.
6. Smoking is not permitted in the Club stand (if substantially covered ie with roof, back wall and side walls).

Nutrition

1. The Club encourages all players to have their own water bottle.
2. The Club encourages all players to bring healthy snacks to trainings and matches.
3. The Club operates a policy of no fizzy drinks, sweets, chocolate etc at trainings.
4. The Club will provide information on Sports nutrition for it's players via coach advice, Club website, newsletter or talks from experts.
5. At Club functions healthy food choices will be provided.
6. The Club displays healthy eating posters and leaflets around the facilities.

Mental Health

1. The Club promotes mental wellbeing by displaying posters and making available leaflets which raise awareness and offer support to those who may need it.
2. The Club fosters an inclusive environment by the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Club Health and Wellbeing Policy



3. The Club ensures all members sign up to a relevant code of conduct for acceptable behaviour.
4. The Club makes available playing or volunteering opportunities for all interested parties.
5. The Club links with others in the Community who support the health of members.
6. The Club knows of relevant services to which it can signpost members if required.
7. The Club makes available training or awareness raising opportunities to members.

Road Safety

1. The Club supports and promotes Ulster GAA's Live to Play campaign.
2. The Club displays Live to Play campaign posters.
3. The Club shares the Live to Play social media messages on it's website and facebook pages.
4. If needs arise the Club will host a Live to Play education event involving the emergency services.

First Aid, Cardiac and Injury

1. The Club has _____ number of trained first-aiders among it's coaches.
2. The Club has a defibrillator which is positioned in:
_____ and the trained users are:

3. The Club defibrillator is maintained by
every _____

4. The Club provides all coaches with a first aid kit for their training and matches.
5. The Club doctor is:
_____ and the physiotherapist is:

Obesity, Heart Health, Diabetes

1. The Club welcomes others from outside it's structures to use its facilities to increase physical activity levels.
2. The indoor hall is available for use such as aerobics classes, yoga, Pilates, dancing etc.
3. The perimeter of the pitch is lit and provides a safe walking track.
4. The Club runs an annual family fun day to encourage all ages to get active.
5. The Club provides information for members in the way of posters and leaflets on Healthy Living.
6. The Club uses the services of local GPs or Practice Nurses to provide an annual Club & Community Health Night.

Cancer Prevention

1. The Club ensures that members are protected from passive smoking by having its indoor areas as non-smoking.
2. The Club encourages its members and players to wear sun-screen when playing in warm weather.
3. The Club works in association with the Cancer Focus NI and Irish Cancer Society.

Club Alcohol and Substance Abuse Prevention Policy



Cumann Lúthchleas Gael is committed as part of their overall philosophy to 'discourage the use of drugs and tobacco and the misuse of alcohol on the basis that such activity is incompatible with a healthy approach to sporting activity'

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Club believe that we need to work towards creating a safe, healthy club environment where we can develop the skills and attitudes necessary to cope with drug and alcohol related issues.

All club members, officials, coaches and volunteers as part of this club shall follow the law when it comes to illegal drugs, alcohol and tobacco and shall display leadership and good example, particularly when dealing with underage members. This policy shall apply to all users of the club buildings and grounds.

Definition of Drugs:

For the purpose of this policy the term "drug" shall include all mood altering substances, both legal and illegal and involve substances such as:

- Alcohol and Tobacco
- "Over the counter" medicines such as paracetamol, anti-histamines, cough medicines etc
- Prescribed drugs such as antibiotics, inhalers, painkillers etc
- Volatile substances such as aerosols, glues, petrol, cigarette lighter fuels etc
- Products and substances sold online and in "headshops" that cause intoxication
- Controlled drugs such as cannabis, ecstasy, amphetamines, magic mushrooms, cocaine, etc
- Performance enhancing sports related drugs as outlined by the World Anti-Doping Agency.

Aims and Objectives:

The aim of this policy is to ensure that all club members are kept safe from drug-related harm when involved in club activities. Our objectives are:

- To develop a consistent approach to drug-related issues to be adopted by all club members
- To develop procedures and protocols that address drug-related issues in the club
- To establish clear procedures for managing specific incidents of suspected drug misuse.

List of Actions

(these are recommended and others can be inserted as required)

The Chairperson and Executive of the club shall adopt and discharge actions from the following list as appropriate to the resources of the Club.

Club shall take the following actions:

- Cups shall not be filled with alcohol during celebrations. Where possible, cups should be replaced with plaques
- Coaches and Club Officials shall not smoke or drink alcohol while representing their club at matches or training sessions
- No alcoholic drinks promotions (two-for-the price-of-one, promotional giveaways, reduced prices during matches etc) will take place in the clubhouse bar at any time. (This is only relevant to clubs with licenced premises and is in line with recommendations issued by Coiste Bainistí on the issue in 2012.)
- Club members, officials, coaches and volunteers shall not present themselves at club activities while under the influence of alcohol or any other drug
- Cigarettes shall not be sold in the clubhouse

Club Alcohol and Substance Abuse Prevention Policy



- Every effort will be made to ensure juvenile medal ceremonies and other juvenile events are not held in pubs
- Under 18s shall not be brought to pubs on the way home from matches, outings or training sessions
- Alcohol shall not be served at functions for players aged under 18 years of age
- Alcohol advertisements shall not appear on juvenile team jerseys or gear and shall be phased out on all club jerseys.

All persons associated with our club can help prevent drug-related harm from occurring during club activities.

The following roles are recommended (insert other recommendations as required).

Club Members

- Will be aware of the details of and adhere to

Club Drug and Alcohol Policy

Parents and Guardians

- Support the club in the development and implementation of this policy including procedures for handling incidents of suspected drug misuse.

Coaches

- Will be aware of the possibility of drug misuse among players and work with the ASAP Club Officer, Club Chairman and Executives with the aim of preventing harm.

ASAP Club Officer

- Is responsible for overseeing the development, implementation and evaluation of this policy in conjunction with the Club Chairperson and Executive
- Shall have good knowledge of the local drug, alcohol and health promotion services in order to assist the club in organising prevention, education and response activities as such needs arise.

- The A.S.A.P Club Officer is _____

Phone no. _____

Club Chairperson and Executive

All relevant information, paraphernalia or suspected substances found or received shall be forwarded to the Club Chairperson who shall consult with the necessary parties before taking relevant action based upon this policy. In the event of the Chairperson not being available to discharge these duties this responsibility will then automatically fall to the Vice Chairperson or Secretary.

Education programme about drugs and alcohol

- _____ Club shall arrange for a drug education programme for members, players, parents etc as appropriate. This drug education programme may include the promotion of club policy, provision of literature, workshops or information sessions

- The Club ASAP Officer in conjunction with the Club Chairperson and Executive shall make arrangements with local drug, alcohol or health promotion services to provide drug education annually for adults associated with the club
- The Club ASAP Officer in conjunction with the Club Chairperson and Executive shall make arrangements with local drug, alcohol or health promotion services to provide age appropriate drug education annually for young people associated with the club.

Protocol for dealing with drug misuse

_____ Club shall endeavour to respond to all drug-related incidents in a firm but fair manner, with due respect for the safety and welfare of individuals involved, other members of the club and the wider community and shall also fulfil any legal obligations that might apply.

Club Alcohol and Substance Abuse Prevention Policy



Outline of Restrictions

The misuse or supply of drugs is viewed as unacceptable by

Club and is punishable by warnings, suspensions and expulsions as deemed appropriate. It is also unacceptable for members or officials to present themselves for club duties while under the influence of a drug.

Reporting of Incidents

Alleged or confirmed incidents in breach of this policy shall be referred to the Club Chairperson and ASAP Officer. Matters relating to the supply of drugs **must** also be brought to the attention of the County ASAP Officer and the ASAP National Coordinator in Croke Park, who can give guidance on the appropriate response on a case by case basis.

Recording of Information

Information regarding alleged or confirmed incidents in breach of this policy shall be recorded in writing. The recording of factual information is preferable and all opinions shall be stated as such. Responses to cases shall also be recorded in this way. Only in confirmed cases shall names of individuals be recorded.

Confidentiality

While it is not possible to guarantee, every effort shall be made to respect confidentiality.

Involving Parents/Guardians

Incidents involving any person under 18 years of age will require their parents/guardians to be informed. Parents/guardians shall be invited to discuss what has happened and shall be informed of any course of action to be taken by the club. The Club Chairperson shall nominate a person to inform parents/guardians in each case.

Garda Síochána/PSNI Involvement

Incidents that involve the illegal supply of drugs shall require Garda Síochána/PSNI involvement. In all other drug-related incidents, each case shall be considered on an individual basis and the decision shall rest with the Club Chairperson as to whether or not the Garda Síochána/PSNI are involved.

Search

The Club Chairperson retains the right to direct a search of any part of club property if there is reasonable cause to believe a substance in breach of this policy is contained therein. Two officials of the club shall conduct the search. Club Officials are not allowed to search an individual or their personal property. Where there is reasonable cause to believe a person has in their possession a substance in breach of this policy, they shall be asked to volunteer the substance. If they refuse, the Garda Síochána/PSNI may be called in to conduct a search.

Disposing of suspected illegal substances
If a suspected illegal substance is found on club property it shall be brought to the attention of the Club Chairperson. The substance shall be stored securely and the Chairperson shall contact Garda Síochána/PSNI to have it collected or to inform them who from the club will deliver it to them and when. Any movement of suspected illegal substances shall be recorded and witnessed by two club officials. At no time shall a suspected illegal substance be removed from club property without the knowledge of the Garda Síochána/PSNI.

Availability, use and storage of solvents and gases

Many solvent based products have the potential to be abused (e.g. deodorants, paints, thinners, cleaning fluids etc). All solvent based materials and gases shall be stored securely and safely away from public access.

Monitoring and Evaluation

This policy is in force at all times and during all activities conducted under the aegis of Cumann Lúthchleas Gael. This policy shall be evaluated annually and after every drug-related incident.

This policy shall come into effect on

\ \ and shall be reviewed annually thereafter by the A.S.A.P. Club Officer in conjunction with the Club Chairperson and Executive.

Signed: _____
(Club Chairperson)

Signed: _____
(ASAP Club Officer)

Date: _____

Training and Awareness Courses

Training Courses

Basic Awareness:

- Mental Health Awareness
- SuicideTALK Knowledge and Skills
- SafeTALK
- Mental Health First Aid Intervention Training
- Applied Suicide Intervention Skills Training (ASIST)

Basic Awareness:

Mental Health Awareness

This training will provide an overview of mental health and mental illness. It will assist participants to understand what is meant by the terms mental illness and mental health, to identify the most common mental health diagnosis and to recognise some of the symptoms. It also looks at the risk factors that may contribute to the development of a mental health problem and at ways of looking after your own mental wellbeing.

SuicideTALK

SuicideTALK is a short community-oriented programme exploring issues in suicide prevention. It aims to reduce stigma around suicide and promote awareness within the community. It provides a solid foundation for suicide prevention and is a good starting point for those who would like to learn more about suicide and attitudes surrounding the issue.

Knowledge and Skills

SafeTALK

SafeTALK is a half day training programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. These specific skills are called suicide alertness and are taught with the expectation that the person learning them will use them to help reduce suicide risk in their communities.

Following a safeTALK workshop you will be more willing and able to perform an important helping role for persons with thoughts of suicide. The training is suitable for everyone who wants to help prevent suicide and is prepared to become suicide alert.

Mental Health First Aid

Mental Health First Aid is 12 hours of evidence-based training, teaching participants how to recognise the symptoms of mental ill-health. It teaches participants to recognise the symptoms of mental health problems, provide initial help, and to guide a person towards appropriate professional support.

The aims of MHFA are to preserve life where a person may be a danger to themselves or others, to provide help to prevent the mental health problem becoming more serious, to promote the recovery of good mental health and to provide comfort to a person experiencing a mental health problem.

Topics covered in the course include:

- What is meant by mental health/mental ill health?
- Dealing with crisis situations such as suicidal behaviour, self harm, panic attacks and acute psychotic behaviour
- Recognising the signs and symptoms of common mental health problems including depression, anxiety disorders, psychosis and substance use disorders
- Where and how to get help
- Self help strategies

Intervention Training

Applied Suicide Intervention Skills Training (ASIST)

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first-aid. ASIST trains participants to reduce the immediate risk of a suicide and increase the support for a person at risk. The workshop provides opportunities to learn what a person at risk may need from others in order to keep safe and get more help. It encourages honest, open and direct talk about suicide as part of preparing people to provide suicide first aid. Participants also consider how personal attitudes and experiences might affect their helping role with a person at risk.

Attendance at the two full days is essential.

*The content of the workshop may be difficult to deal with if you are feeling emotionally vulnerable. If you have suicidal thoughts, or have been recently bereaved, particularly through suicide, you may wish to delay taking part in this course until you're feeling stronger, emotionally.

Where to get training

The following contacts and agencies may assist you with training courses for individuals or groups within your Club.

ASIST and SafeTALK Coordinators

HSE North East (Cavan, Monaghan, Louth, Meath)
Contact: Gareth Phelan
Suicide Prevention Resource Officer
Health Promotion Unit
HSE Dublin North East
St Brigid's Complex
Ardee
Co Louth
041 685 0674
garrett.phelan@hse.ie

HSE West (Donegal)
Contact: Sarah Meehan
Dept of Health Promotion
HSE West
Saimer Court
Ballyshannon,
Co Donegal
071 9852000
sarahm.meehan@hse.ie

National Coordinator: National Office for Suicide Prevention
Contact: Anne Callanan
Asst. Research and Resource Officer
National Office for Suicide Prevention
HSE West
Merlin Park Hospital
Galway
091 775388
training@nosp.ie

Public Health Agency (resources and training courses)

Helen Gibson
Regional Head For Training
For Public Health Agency
Tower Hill
Armagh
BT61 9DR
(028) 3741 4006

Senior Health Improvement Officer for Suicide Prevention and Mental Health Health & Social Wellbeing Improvement Team (Western Area)
Public Health Agency
Gransha Park House
15 Gransha Park
Derry BT47 6FN
(028) 7186 0086
ifh.west@hscni.net

Health & Social Wellbeing Improvement Team (Southern Area)

Senior Health Improvement Officer for Suicide Prevention and Mental Health Southern Investing for Health Partnership Tower Hill
Armagh BT61 9DR
028 3741 4606

**Investing for Health
(Eastern and Belfast)**

Senior Health Improvement Officer for Suicide Prevention and Mental Health
Glen Villa
Knockbracken Healthcare Park
Saintfield Road
BT8 8BH
028 90563718
ifhadmin@ehssb.n-i.nhs.uk

Senior Health Improvement Officer for Suicide Prevention and Mental Health
North Down & Ards
Investing for Health Department,
c/o Ards Hospital,
Church Street,
Newtownards BT23 7ZJ
Tel. No. 028 9151 0199

Senior Health Improvement Officer for Suicide Prevention and Mental Health
North and West Belfast
1 Cromac Quay
Gasworks
Ormeau Road
Belfast BT7 7JA
Tel: 02890 434004

Senior Health Improvement Officer for Suicide Prevention and Mental Health
Down Lisburn
Lisburn Health Centre
Linenhall Street
Lisburn BT28 2AT
Tel 028 92665181 Ext 4699

**Investing for Health Partnership
(Northern Area)**

Senior Health Improvement Officer for Suicide Prevention and Mental Health
County Hall
182 Galgorm Road
Ballymena
Co Antrim
BT42 1QB
(028) 2531 1199
ifh.info@nhssb.n-i.nhs.uk

Visit:
www.mindingyourhead.info
if you are concerned about yourself or
someone else

Mental Health Awareness & Suicide Prevention Training Programmes



Resilience and Awareness Programmes in Mental Health

Organisation	Programme	Outcomes	Content Includes	Contacts
SHSCT & NHSCST Aware Defeat Depression	B Positive Awareness raising and de-stigmatising Mood Matters Depression Awareness For Adults	Increased awareness and understanding of issues affecting mental health	This short training programme includes information and practical suggestions for maintaining positive mental health and encouraging help seeking behaviour. This is a 3 hour course.	Delivered by Northern Trust Southern Trust
Aware Defeat Depression	Mood Matters Depression Awareness For Adults	Raise awareness of the importance of looking after our mental health The mental health continuum. Understanding and managing stress, recognising internal stressors as well as external stressors SMART steps to managing stress Understanding and knowledge of mental disorders, depression and anxiety. Highlight the risk factors for, and symptoms of, stress, anxiety and depression. Help to reduce stigma by conveying the message that mental disorders, such as depression are an illness. Provide information about treatments recommended by the NICE (National Institute of Clinical Excellence) guidelines Learn about medication and how they help with depression/anxiety Provide information about the importance of self help strategies for regaining and/or maintaining good mental health. Provide participants with relevant literature to reinforce learning and provide a future point of reference. Signpost participants to sources of support.	The programme incorporates basic Cognitive Behavioural Therapy concepts, teaching participants how our thinking and behaviour can affect how we feel, physically and emotionally. The majority of courses are delivered in second-level schools but as stress, low mood and depression can affect anyone, Mood Matters has been developed into a range of different presentations with content and delivery to suit a variety of target groups. Aimed at 18 to 54 years age group. Course duration: 2 ½ - 3 hrs.	Andrea Kearns Education and Training Manager Aware Defeat Depression T: 028 9035 7820 E: andrea@aware-ni.org W: www.aware-ni.org/
PHA – there are many organisations that are able to provide this training e.g AWARE; Niamh-Louise Foundation; PIPS; Princes Trust; & HSC Trusts	Mental Health First Aid	MHFA is the help provided to a person who is developing a mental health problem or who is in a mental health crisis.	MHFA is 12 hours of evidence-based training, teaching participants how to recognise the symptoms of mental health problems such as depression, anxiety and psychosis. The course can be delivered in 2 full days or by 4 half days. Dealing with crisis situations such as suicidal behaviour, self harm, panic attacks and acute psychotic behaviour Recognising the signs and symptoms of common mental health problems including depression, anxiety disorders, psychosis and substance use disorders Where and how to get help; Self help strategies	Helen Gibson T: 028 3741 4606 E: helen.gibson@hsnci.net
SEHSCT	Positive Steps	To enhance confidence & self-esteem of participants To improve the mental health and emotional wellbeing of participants To offer participants the opportunity try something new, different & exciting To help participants connect with family, friends & other supports around them To encourage participants to acknowledge & talk about their feelings To give practical solutions to learn how to manage emotions & learn how to relax	Positive Steps is a 10-step programme delivered over 12 weeks that encourages people to look at life, to discover what influences their health and provides a practical opportunity to enhance mental health and emotional wellbeing. Content includes <ul style="list-style-type: none">• Getting creative• Accepting who you are• Get talking• Getting involved• Health & wellbeing• Trying something new• Asking for help• Keeping active• Keeping in touch• Making relaxation a way of life	Mary Barnes T: 079 1754 4074 E: mary.barnes@setrust.hscni.net

Resilience and Awareness Programmes in Mental Health

Organisation	Programme	Outcomes	Content Includes	Contacts
Course Delivered by Community Direct Facilitators Northern & Belfast areas	"Minding Me" Towards Better Mental Health & Emotional Well-being	This course is relevant to different professional groups including youth workers, teachers, frontline public sector and voluntary sector workers in a variety of areas, residential support staff as well as members of the general public, carers etc. Adults only. Duration: 6 session (x 2 ½ hrs) programme	This programme aims to help participants understand themselves better and encourage them to become more aware of how to achieve improved Mental Health.	Angie McCabe Programme Delivery Co-ordinator Community Direct 6 Mount Charles Belfast BT7 1NZ T: 028 9023 0212 E: angie.mccabe@wrda.net
MindWise	Mental Health Awareness Provides training to a variety of organisations. These training courses can be tailored to meet the individual needs of the audience both in terms of length and areas covered.	To provide an overview of mental health and mental illness	By the end of the session participants will be able to: Describe what is meant by the terms mental illness and mental health. Identify the most common mental health diagnosis. Recognise some of the symptoms of the most common mental illnesses. List the risk factors that may contribute to the development of a mental health problem. Discuss recovery for those experiencing mental illness. Challenge some of the stereotypes and stigma associated with the term mental illness. Identify ways of looking after your own mental wellbeing.	Julie Hill T: 028 9040 2323 E: julie.hill@mindwisenv.org
MindWise	Introduction to Recovery Provides training to a variety of organisations. These training courses can be tailored to meet the individual needs of the audience both in terms of length and areas covered.	To raise awareness of Recovery with those who support people with mental health problems or with those who are working on their own Recovery	By the end of the session participants will be able to: Describe what Recovery is. Understand the experience of an individual who is working through their own Recovery. Explain how they will implement Recovery practices within their own job role/life. List the barriers that individuals may experience in their Recovery. Identify attitudes, actions and support that can promote the Recovery approach	Julie Hill T: 028 9040 2323 E: julie.hill@mindwisenv.org
MindWise	Mental Health and the Workplace Provides training to a variety of organisations. These training courses can be tailored to meet the individual needs of the audience both in terms of length and areas covered.	Give employers and line managers a broad understanding of mental health. Raise awareness of the economic impact of not managing mental health in the workplace. Identify the key factors that contribute to a mentally healthy workplace. Improve managers' skills and confidence in managing individuals who are experiencing mental ill health. Provide examples of how to improve workplace supports for those experiencing mental health problems. Ensure that managers are aware of their legislative responsibilities in relation to mental health	Introduction to mental health issues Recognising mental health problems Legislation – the Disability Discrimination Act and the Health and Safety at Work Act Reasonable adjustments, return to work and managing an ongoing illness at work Maintaining a mentally healthy workplace	Costs Upon request Julie Hill T: 028 9040 2323 E: julie.hill@mindwisenv.org
MindWise	Wellness Recovery Action Planning (WRAP) Provides training to a variety of organisations. The WRAP training can be delivered over 2 full days or in 8, two hour sessions.	WRAP is a simple and systematic approach to assist people to recover and/or maintain mental wellness. It aims to decrease and prevent intrusive or troubling feelings and behaviours, increase personal empowerment, improving quality of life and supporting people in achieving their own life goals and dreams. When participants undertake this course, they will have their own WRAP and it also allows them to facilitate a WRAP one-to-one with anyone else.	WRAP includes a: Wellness Toolbox Daily Maintenance Plan Triggers and Action Plan Early Warning Signs and Action Plan When Things are Breaking Down and Action Plan Crisis Planning Post Crisis Planning Trainers delivering the training are accredited through the Mary Ellen Copeland Centre.	Costs Upon request Julie Hill T: 028 9040 2323 E: julie.hill@mindwisenv.org

Suicide Awareness & Prevention Programmes

Organisation	Programme	Outcomes	Content Includes	Contacts
Through Local Trusts Individual trainers located across N Ireland	SuicideTALK	<p>SuicideTALK is primarily an exploration of some of the most fundamental attitudinal issues about suicide. It helps participants clarify their beliefs.</p> <p>Such clarification typically creates a strong foundation for future suicide prevention work. Participants then examine the range of things they could do to help prevent suicide. Participants are encouraged to act on their commitments in the future and to invest in suicide prevention in their community.</p>	<p>suicideTALK is aimed at all members and groups in a community. Its goal is to help make direct, open and honest talk about suicide easier. Such talk may:</p> <ul style="list-style-type: none"> encourage life-protection, preservation and promotion activities, facilitate community awareness of suicide as a serious community health problem, reduce the stigma and taboo surrounding suicide, increase personal commitment to and action in preventing suicide, and support the spread of training opportunities and networking activities. <p>Course duration: 90 mins</p>	Helen Gibson T: 028 3741 4606 E: helen.gibson@hsnsci.net
Through Local Trusts Individual trainers located across N Ireland	SafeTALK	How to deal sensitively with disclosure of self-harm or suicidal behaviour	<p>An alertness programme that teaches community members to recognize persons with thoughts of suicide and to connect them to suicide intervention resources.</p> <p>The programme can be delivered in 3 hours.</p>	Helen Gibson T: 028 3741 4606 E: helen.gibson@hsnsci.net
Through Local Trusts Individual trainers located across N Ireland	Applied Suicide Intervention Skills Training (ASIST)	ASIST provides practical training for caregivers seeking to prevent the immediate risk of suicide.	<p>The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and to seek further help.</p> <p>Learn how to:</p> <ul style="list-style-type: none"> recognize invitations for help reach out and offer support review the risk of suicide apply a suicide intervention model link people with community resources <p>Attendance at the full two days is essential.</p>	Helen Gibson T: 028 3741 4606 E: helen.gibson@hsnsci.net