

HOW ARE YOU FEELING?

WE LOOK AFTER OUR CLUB MATES

If you believe someone is dealing with mental health issues, you may need to direct them to the appropriate support.



Suggest that they should speak to family or close friends about how they are feeling.



Suggest they visit their GP for medical advice.



If the individual is in immediate danger, then you should dial 999 without delay.



If the individual is planning to put others at risk, then you should contact the emergency services by dialling 999 or 112.



If the individual is under 18, information should be shared with the Club Welfare Officer (and, if possible, club medic) who will contact parents/guardians. The CWO will be able to support and guide you, and the person if appropriate, on possible next steps.



If the individual is an 'adult at risk' then the information should be discussed with the Club Welfare Officer or Team Medical Person (where possible).



Scan the QR Code to access our Mental Health Resources.