

# **IN2HEALTH & WELLBEING CIC**

## **Mental health and wellbeing statement**

### **The statement**

We respect the rights and dignity of all our young participants and acknowledge that everyone who is involved with our organisation 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 activity, we're working towards making sure that;

- we support staff to hold some level of mental health and wellbeing training
- we demonstrate how our staff can be welcoming towards people experiencing a problem with 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 and other designated roles) in our organisation who are happy to discuss how sport and physical activity can be adapted to suit your mental health and wellbeing needs or how we can more inclusive
- we regularly ask all of our young participants if they are happy with the level of support they receive from us and whether it could be improved in any way
- all staff know the details of the mental health and wellbeing 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

### **People you can talk to**

#### **Our Safeguarding/Welfare Officer**

Name: Benjamin Gibson

Tel: 07823 446652

Email: [benjaminjgibson@hotmail.com](mailto:benjaminjgibson@hotmail.com)

#### **Our Deputy Safeguarding/Welfare Officer**

Name: Andrew Weston

Tel: 07909 221116

Email: [andrewweston19@gmail.com](mailto:andrewweston19@gmail.com)

## **Support Services**

### **Support for coaches, staff and volunteers**

#### **NSPCC helpline**

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

0808 800 5000

[nspcc.org.uk/helpline](https://www.nspcc.org.uk/helpline)

#### **Mind**

Sport, activity and mental health information and advice

[mind.org.uk/sport](https://www.mind.org.uk/sport)

#### **Rethink**

Information and advice on mental health and local support services

### **Support services for children and young people**

#### **Childline**

Information and support line for young people

0800 11 11

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

#### **Samaritans**

24 hour confidential listening and support for anyone who needs it

116 123

[samaritans.org](https://www.samaritans.org)

#### **The Mix**

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

0808 808 4994

#### **Young Minds**

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

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

This statement was last reviewed on 15/06/2021

Signed  Benjamin Gibson

Signed  Andrew Weston