

# MENTAL WELLBEING IN RUGBY

## AN OVERVIEW OF SUPPORT AND RESOURCES FOR CLUBS



### SCOTTISH RUGBY

Passionate in raising awareness of mental wellbeing and breaking any negative stigmas around mental health

#### Wellbeing Support



Email: [Wellbeing@sru.org.uk](mailto:Wellbeing@sru.org.uk)

Website: [SR wellbeing pages](https://www.sru.org.uk/wellbeing)

- Support in creating your wellbeing approach in your club
- Liaising with partner agencies to provide introductions and up to date support

#### Mental Wellbeing E-learning Course



Time: 30 minutes

- Equips players, coaches and volunteers with tools and techniques to effectively support themselves and others in the rugby community

NB. This course mentions suicide, which people affected by suicide may find difficult

#### Mental wellbeing videos



Club: Kelso RFC

- Video: players share their own challenges with mental health and how sport can help

Club: GHA RFC

- Video: young players share tips on how to de-stress and 'take some breathing space'

### BREATHING SPACE

Scotland's free and confidential mental health phone service partnered with Scottish Rugby and delivered by NHS 24

#### Mental Health Phone & Web Support



Phone: 0800 83 85 87

Website: [breathingspace.scot](https://breathingspace.scot)

- Open weekdays 6pm-2am and weekends 24 hours
- For anyone in Scotland over 16 feeling low, stressed or anxious
- Free and confidential

#### Mental Wellbeing Awareness Sessions



Time: 50 minutes via MS Teams

[breathingspaceresources@nhs24.scot.nhs.uk](mailto:breathingspaceresources@nhs24.scot.nhs.uk)

- Delivered to small groups (<20)
- Currently delivered remotely
- Interactive session providing an overview of mental wellbeing and the Breathing Space service

#### Digital resources



Website: [NHSinform.scot](https://www.nhs.uk/information-scot)

- Scotland's trusted health information site
- Self-help web resources on: stress, anxiety, depression, problems with alcohol, gambling and drugs, COVID-19 specific concerns

### BORDERS AREA

Localised support and information from NHS Borders, Scottish Borders Council and partners

#### NHS Borders Wellbeing Point



- Links to resources and information on mental health and wellbeing

#### Young People's Guide to MH & Wellbeing



- Leaflet supporting young people - includes local/national helplines & services

#### Local contact



- NHS Borders Joint Health Improvement Team

#### Training - Mental Health Improvement and Suicide Prevention



Time: 3hrs currently delivered via MS Teams

[health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)

- For mental health champions and those likely to be involved in 1-2-1s
- Explores actions to help prevent suicide
- Information about local mental health support
- Group discussions to help consolidate learning

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# MENTAL WELLBEING IN RUGBY

## A PATHWAY FOR CLUBS

### LISTENING AND TALKING CAN HELP

We all have a role to play in suicide prevention.

There's still a stigma around talking about mental health and suicide. That stigma can stop people coming forward to ask for help.

There are steps your club can take to encourage conversations about mental health.

"Mental health is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community."

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#### Contact

Link with Wellbeing Support at Scottish Rugby

2

#### Communications

Promoting positive mental health and wellbeing via different channels

3

#### Training

SR E-learning course to all members

Local training for mental health champions

4

#### Club-specific activities

To promote mental wellbeing and tackle stigma around key health dates

5

#### Support pathways

Review club-specific support (e.g. Mental Health Officer or Champion)

6

#### Action plan

To enhance mental health and wellbeing of members (e.g. SAMH charter)

#### Mental Health Awareness Dates 2021/22

- Samaritans Awareness Day - 24 July
- Suicide Prevention Week - 5-11 September
- World Suicide Prevention Day - 10 September
- World Mental Health Day - 10 Oct
- National Stress Awareness Day - 3 Nov
- Anti-bullying week - 15-19 Nov
- National Breathing Space Day - 1 February
- Time to Talk Day - 4 February
- Stress Awareness Month - April
- Mental Health Awareness Week - 9-15 May



# MENTAL WELLBEING IN RUGBY

## STRONG LEADERSHIP AND COORDINATED PLANNING

### KEY STEPS

There's lots of different ways you can start improving mental health in your Club and strong leadership around the topic and coordinated planning can really help

#### Leadership

- Agree key actions, timelines and responsibilities by creating an action plan
- Consider a specific lead such as a Mental Health Officer or Mental Health Champion

#### Planning

- Sign up to the SAMH Mental Health Charter for Physical Activity and Sport
- Aims to empower physical activity/sport communities to improve equality and reduce discrimination, ensuring mental health and wellbeing is not a barrier to engaging, participating and achieving in physical activity and sport



#### Tackling stigma

- Promote positive mental wellbeing messages on social media and Club website
- Support national mental health awareness days
- Encourage members to sign up to [unitedtopreventsuicide.org.uk](https://unitedtopreventsuicide.org.uk), a social movement united in the shared belief that each of us has a role in preventing suicide



### CASE STUDY EXAMPLE

Ruaraidh is the Mental Health Officer at Selkirk RFC, he explains why they've set up the position and what they hope it will achieve

In response to a keen focus on wellbeing and the tragic suicide of a player, Selkirk RFC decided that they needed to do more to help support the mental health of its members and local community.

"This is when I was asked to lead the development as a Mental Health Officer. My professional background is as a GP so I have a good understanding of mental health problems, but I don't necessarily think that you'd have to be medically trained to be an effective Mental Health Officer.

I see the role focusing on **promoting positive wellbeing** and also **acting as a contact point for club/community members who have concerns about their own or other's mental health**. It is not a counsellor role, but I think it is important that I can support those in need access appropriate help.

Mental health is all too easily overlooked as ones current state of mind can be hidden from plain view. Dips in mental health can happen to anybody at any time and young men have high rates of suicide. I can think of three people who I've known through rugby that have killed themselves. Only by specifically highlighting it, talking about it and engaging with each other will struggling people and their families benefit. This also includes the highly pertinent topic of suicide prevention.

The support from a team should be enjoyed by everyone and I want to ensure that all who play rugby in Selkirk or are some way involved with the club feel comfortable and able to seek support and look themselves/others when required."



#### Key steps:

- Reach out to other local organisations and community groups
- Arrange mental health & suicide awareness training within the club
- Respond to the needs of the club and community as a Mental Health Officer