

WELLNESS CHAMPION ROLES AND RESPONSIBILITIES

THERE ARE RESOURCES AVAILABLE TO ASSIST YOU AND THE WELLNESS CHAMPION NETWORK FOR YOU TO GAIN ADVICE. YOUR COUNTY FA DESIGNATED SAFEGUARDING OFFICER AND FOOTBALL DEVELOPMENT (CFA DSO) WILL BE ABLE TO OFFER FURTHER ADVICE AND GUIDANCE. THE HEADINGS AND BULLET POINTS BELOW OUTLINE YOUR ROLE AND RESPONSIBILITIES.

THE START POINTS:

Ensure:

- That you are aware of where to signpost young people to if they are experiencing poor mental health;
- That you support your club with creating a positive experience for young people;
- Officials, players and parents know who their club Wellness Champion is and what the role of the Mental Wellness Champion is.

THE COMMITMENT:

You should always:

- Work collaboratively with your CFA DSO and FDO;
- Attend committee meetings if required, ensuring young people's mental health is a regular agenda item;
- Work proactively with your local Wellness Champion network(s) and attend network meetings and training opportunities;
- Give children and young people a voice.

To create a positive and safe environment:

- Familiarise yourself with and make use of The FA's Respect programme and Codes of Conduct;
- Promote the importance of positive mental health in young people;
- Hold club-based information sessions for club officials and parents / carers;
- Be accessible and attend club events such as match days and training sessions;

When monitoring and reviewing, always:

- Track repeated incidents of poor behaviour and liaise with your club committee and where necessary your league and /or County FA.

When speaking to young people about their wellness or when signposting a young person to a mental health service, always:

- Ensure a written record is kept and signed. This should be shared with the Club Welfare Officer and kept as a record.
- Report any safeguarding or welfare concerns directly to the Club Welfare Officer.
- Seek advice from your CFA DSO or FDO when necessary.