



FA REFEREEING MENTAL HEALTH CHAMPION SCHEME

Role: Mental Health Champion
Contract type: Voluntary
Hours: Flexible - approximately 2 hours per week

- Are you a current or former Referee, Referee Coach or Referee Mentor?
- Are you committed to promoting positive mental health in refereeing and everyday life?
- Would you like to be part of the first mental health champion scheme for referees and other match officials?

The FA Refereeing Department is committed to supporting the mental health of referees and everyone involved in refereeing. Whilst many people are comfortable talking about their physical health, we know talking about and seeking support for our mental health can be a challenge. We all have mental health, just as we have physical health. As our bodies become unwell so too can our minds, with one in four adults and one in eight young people experiencing mental health problems each year. Sadly, the cost of not talking about mental health can be devastating with almost 4,000 people taking their own lives each year.

As a founder signatory of the Mental Health Charter for the Sport and Recreation and the Heads Up Mentally Healthy Football declaration we have worked with Mind to co-design a mental health champion role to help tackle the stigma within refereeing. Ultimately, we want to create an open environment so that referees and everyone involved in the refereeing community can talk openly and be supported.

Aim of the Mental Health Champion Role:

- To help the FA Refereeing Department to create a culture that promotes positive mental health.
- To encourage referees and those involved in refereeing to talk about mental health and to tackle mental health stigma.
- To support referees with, or with the potential to have, mental health problems.
- To signpost people to sources of professional mental health support.
- To encourage and support people back into refereeing.
- To be part of a champion network that supports each other and works together to develop the champion scheme.

If you are looking for a new challenge, would like to enhance your skills and network with likeminded people then take a look at the role description. Full training and support will be provided.

How to Apply?

Complete the application form and return to richard.glynne-jones@thefa.com by **9am on Monday 22nd March**.

Interviews will be held (on Zoom) during week commencing 19th April 2021. All champions will be required to attend mandatory training (on Zoom) on Monday 26th April (6pm – 9pm) and Thursday 29th April (6pm – 9pm).

If you have questions about the role then please contact Richard Glynne-Jones on 07970 224380 or at richard.glynne-jones@thefa.com