

## RAF Football Association - E-Bulletin

### The FA joins UK football family to sign landmark mental health declaration

The FA has joined other football organisations to sign a joint Declaration committing to building a mentally healthy environment at all levels of the game, as a lasting legacy of the Heads Up campaign.

The Mentally Healthy Football Declaration will see all of UK football recognising that mental health is as important as physical health, and pioneering a 'team approach' on this important issue. The UK football family will build on the important work that clubs and football organisations are already doing, working together to scale up these efforts across the football system and develop 'mentally healthy clubs' at every level of the men's and women's game.

Following an unprecedented season for football, mental health issues are more relevant than ever.

Through the Declaration, football has committed to working together to embed an environment across all of UK football:

- Where players and staff are encouraged to look after their mental health just as they look after their physical health;
- where they feel able to spot the signs that they, a team-mate or colleague might be struggling and know where to access support;
- and where speaking out about mental health is seen as a sign of strength rather than weakness.

The landmark Declaration has also been signed by other CEOs from across the football ecosystem, including the Premier League, the English Football League (EFL), Scottish FA, Wales FA, Irish FA, League Managers Association (LMA), Professional Footballers Association (PFA), Professional Game Match Officials Limited (PGMOL) and League Football Education (LFE).

Mark Bullingham (The FA's Chief Executive), Kelly Simmons (The FA's Director of the Women's Professional Game) and Jack Pearce (Vice Chair of The FA) signed the declaration on a video call with The Duke earlier this month, alongside other senior leaders of each organisation.

**Mark Bullingham, Chief Executive of The FA**, said: "The Heads Up campaign was a step in the collective journey to end the silence and change the attitudes and behaviours towards mental health. The declaration will see football unite to deliver a long-lasting legacy for the campaign. Working together we will continue the progress made to build a culture in the men's and women's game that truly supports, listens and sign-posts."



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