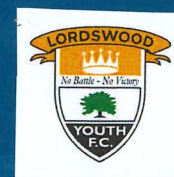


# OUR PLEDGE TO SUPPORT YOU

## LORDSWOOD YOUTH FC



recognise that mental health is something that all individuals have, just like physical health and are therefore proud to have a Kent FA Mental Health Champion within the club. We want to promote the importance of mental health and ensure we create an environment where it is accepted and open to discuss mental health.

### As a club with a Kent FA Mental Health Champion, we will:

- ✓ Foster a culture where players, volunteers, coaches, managers, and club officials are encouraged to look after their mental health just as they look after their physical health.
- ✓ Work with our Mental Health Champion to reduce the stigma around mental health to make it easier to talk about mental health in football.
- ✓ Help players, volunteers, coaches, managers, and club officials feel able to spot the signs that they, a team-mate, or colleague might be struggling and know where to signpost to support.
- ✓ Promote that speaking out about mental health should be viewed as a sign of strength rather than weakness.
- ✓ Provide information about mental health to our members and signpost to local and national support services such as Kooth and CALM.
- ✓ Support our Mental Health Champion by providing the necessary resources to undertake their role to the best of their ability and encourage their continued development.
- ✓ Explore having designated mental health events or awareness campaigns within the club, to ensure mental health is at the forefront of club activities.
- ✓ Engage with social media campaigns that the Kent FA promote, adopt, or endorse around mental health and mental health awareness, such as those run by Kooth and CALM.
- ✓ Regularly reflect on our impact and efforts to promote mental health, being open about our progress, to influence and inspire change within our club and beyond.

As a club, will continue to work with Kent FA and the wider footballing community to ensure the topic of mental health remains at the forefront of the game. Together, we can use football for good, to help everyone who might be struggling and to lead a movement to address poor mental health. By agreeing to this pledge means we know we are part of this movement. Together we'll tackle stigmas and change the game.

### CLUB CHAIR

NAME:

DERN SIMMONS

SIGNED:

### CLUB MENTAL HEALTH CHAMPION

NAME:

JENNIE HARWOOD

SIGNED:

### KENT FA

NAME:

Toby Elgar

SIGNED:

T. Elgar

