

THE GAA MENTAL HEALTH CHARTER

Promoting Positive Mental Health & Wellbeing through the GAA

[Insert name of your club here]

Carnaross GFC

has adopted the GAA Mental Health Charter, aimed at promoting positive mental health for all our members and the wider community in which we are situated. At the core of this charter is the R-E-S-P-E-C-T philosophy which stipulates that everyone will be treated with respect, and they will participate, enjoy and contribute to our Club without prejudice, discrimination or any other negative consequences for them or others.

It's a whole club approach to promoting positive mental health – Our Club is Our Community.



YOUR CLUB, YOUR COUNTY, OUR COMMUNITY

**GIVE
RESPECT
GET
RESPECT**
Our games. Our choice.



Download our full GAA Mental Health Charter from gaa.ie/community/mentalhealthcharter

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RESPONSIBLE

Everyone in the club will respect the rights, dignity and worth of each person, regardless of ability, age, culture or ethnic origin, gender, sexual orientation, or religious belief. All members of the club will promote positive behaviours to ensure that our games are played in a fair and enjoyable manner, and all members feel valued throughout their whole life.

ENCOURAGING

The club will ensure that everyone is treated equally, fairly, and encouraged to do their best. Members of the club will support and promote positive reinforcement, ensuring learning and development. New members will be welcomed and afforded the opportunity of having a full and active role within the club. All members will be encouraged to make positive lifestyle choices throughout all aspects and for the duration of their lives

SUPPORTIVE

The club will ensure that all members are aware of and encouraged to use the support system that the club and its varied members provide. It is recognised that coaches, team mates, family, and friends can help and for more serious issues the club will seek support from relevant approved partners or agencies.

POSITIVE

Everyone is welcomed to participate within our club and we understand that every member has an important role to play. Every player will be inspired to do their best, and an attitude which promotes participation versus winning will be upheld at appropriate grades. We will all ensure that everyone's involvement with our club is a positive one irrespective of what that participation entails.

ENABLING

We will create an environment and atmosphere within all club activity that enables all members of the Association to maintain as well as develop their mental health and emotional wellbeing. The club will promote this through its day to day activity and through the delivery of specific events and initiatives that will foster positive mental health for all members.

CONSIDERATE

Everyone within our club will be listened to and be given an opportunity to contribute to express their opinions without reprisal or judgement. We know that we can speak out if our club members are threatened in anyway by actions or words which are inappropriate or if we feel they need help.

TOLERANT

An element of discipline will underpin our club to ensure that our games are controlled and that values such as honesty, equality, and fair play are promoted at all times. We take pride in our club. Negativity or disrespect towards others within our club or from opposing teams, or towards referees, will not be tolerated. We will be modest in victory, gracious in defeat and tolerant towards others.



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commits to taking the following steps in order to develop and foster a culture of emotional wellbeing at all times for all members.

-  Promote mutual respect at all times.
-  Include and welcome everyone to the club.
-  Not tolerate negative attitude or behaviour.
-  Give everyone a voice, take time to listen and talk.
-  Create a safe environment where enjoyment is paramount.
-  Accept decisions of officials and club management gracefully.
-  Highlight participation, good sportsmanship and achievement.
-  Link with external agencies to seek training, help, and support when necessary.
-  Encourage everyone to be involved and ensure fair play, equality, and enjoyment.
-  Support all club members providing reassurance that there is someone who can help.
-  Signpost suitable support services as and when required.
-  Promote and make available where necessary the GAA Play in My Boots Mental Fitness Pack.
-  Promote the GAA approved WorkOut mental fitness app for smartphones.
-  Promote the GAA's RESPECT Initiative.
-  Follow the appropriate steps as set out in the GAA Critical incident Response Plan in the event of a critical incident.



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Additional Support

GAA Community & Health Section
www.gaa.ie/community
community@gaa.ie

Samaritans
official mental health partner of the GAA
www.samaritans.org
jo@samaritans.org
Rol: 116 123
NI: 08457 909090

National Office of Suicide Prevention
www.nosp.ie
info@nosp.ie

Public Health Agency
www.mindingyourhead.info



*Talking about Mental Health makes a difference
Asking for help is a sign of strength not weakness*



*"You don't always need professional help -
sometimes self-help can work"*



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