

Mental Health Policy

Hazelwood Sports Club (Unique Tennis)

Policy Statement

At Unique Tennis Academy, we are committed to fostering a supportive and inclusive environment where mental health and well-being are prioritised for players, coaches, staff, and families. We recognise that mental health is as important as physical health in achieving excellence in tennis and personal development.

Objectives

1. Promote Awareness

- Encourage open dialogue about mental health to reduce stigma.
- Provide education and resources on mental health for all stakeholders.

2. Provide Support

- Ensure players, coaches, and staff have access to mental health resources.
- Offer pathways to professional support for individuals experiencing mental health challenges.

3. Create a Safe Environment

- Develop a culture of understanding, respect, and confidentiality.
 - Ensure that mental health concerns are addressed promptly and appropriately.
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Scope

This policy applies to all players, parents, coaches, staff, and volunteers involved with the academy.

Commitments

1. Leadership Support

- The academy leadership will champion mental health initiatives and allocate resources to promote mental well-being.

2. Training and Education

- Provide mental health awareness training to coaches, staff, and volunteers.
- Deliver workshops for players and families on stress management, resilience, and emotional well-being.

3. Access to Resources

- Maintain partnerships with mental health professionals and organisations.

- Share information about helplines, local counselling services, and online resources.
- 4. Confidentiality**
 - Handle all mental health disclosures sensitively and confidentially, in line with legal requirements and best practices.
 - 5. Integration with Performance Goals**
 - Balance mental well-being with high-performance expectations by fostering a holistic approach to player development.
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Procedures

- 1. Raising Concerns**
 - Players, parents, or staff can raise mental health concerns with designated Mental Health Champions or the Safeguarding Officer.
 - 2. Support Pathways**
 - Initial discussions will focus on understanding the concern and identifying appropriate support options.
 - Referrals to external professionals may be made with the consent of the individual or their guardian if under 18.
 - 3. Monitoring and Follow-up**
 - Regular check-ins will be conducted to monitor progress and well-being.
 - 4. Crisis Management**
 - In cases of immediate mental health crises, the academy will follow emergency protocols, ensuring the safety of all involved.
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Responsibilities

- 1. Leadership Team**
 - Oversee the implementation and effectiveness of the policy.
 - Regularly review and update the policy in line with best practices.
- 2. Coaches and Staff**
 - Actively promote mental health awareness and inclusivity.
 - Identify and address potential mental health concerns among players.
- 3. Players and Families**
 - Engage in mental health initiatives and support the well-being of others.

- Report any concerns or challenges to the academy's designated representatives.
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Review and Updates

This policy will be reviewed annually and updated as necessary to reflect new developments in mental health practices and the needs of the academy community.

Date of Policy Approval: 30/01/2025

Next Review Date: 30/01/2026