

The background of the slide is a photograph of Gaelic football players in silhouette against a dramatic, cloudy sky at sunset or sunrise. The players are captured in various dynamic poses, including jumping and running with their hurleys. The lighting is low, creating a high-contrast scene where the players are dark shapes against the bright, colorful sky.

Stacey Cannon – National GAA Health & Wellbeing Coordinator



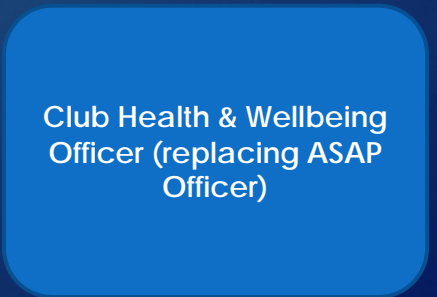
Overview

- ▶ The GAA's new organisational structure to response to our members needs
- ▶ Practical steps for sport clubs to follow when promoting positive mental health for all club members and the wider community
- ▶ Using a strategic governance structure and practical framework
 - Governance/Policy – club H & W officer & mental health charter
 - Partnership – Samaritans (1 of the 5 charities)
 - Environment – poster Freephone campaign
 - Programme – Safe talk training
- ▶ Video example: 1st GAA club - Kings court Stars in Co. Cavan to adopt the Mental Health Charter – promoting positive mental health

Your Club Your County Our Community



Organisational Structure:



Roles and Responsibilities:

- ▶ Promote positive health and wellbeing amongst all club member and wider community
 - ▶ Ensure that supports, programmes, partnerships, training & resources are available
 - ▶ Support, implement and monitor GAA policies
 - ▶ Be a signposting tool for members and local communities
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- ▶ **NOT** expected to:
 - ▶ Be the club social worker/counsellor
 - ▶ Police people about their health & wellbeing
 - ▶ Have all the answers

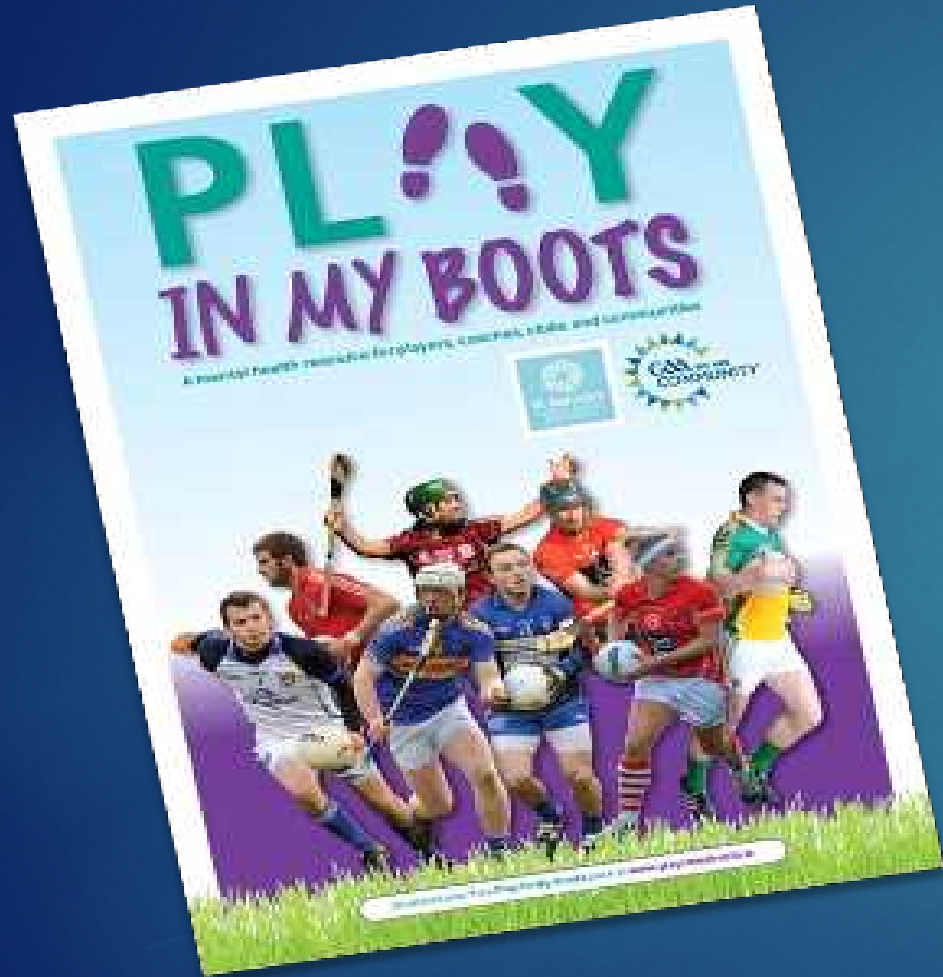


Practical steps for clubs to follow when adopting mental health charter



Key: Helps create sustainability within the GAA setting

Governance: Mental Health Charter



Mental Health Charter:

- ▶ Core of the charter is based around the RESPECT philosophy- everyone treated with respect for example support, encourage, positive, considerate
- ▶ Whole club approach to promote positive mental health – **Our Club is Our Community**
- ▶ **Following steps the club can take –**
 - Support all members and provide reassurance that there is someone who can help
 - Signpost to suitable support services as and when required
 - Make materials available 'Play in my boots pack' when needed
 - Promote the Workout mental fitness app to members
 - Overall create a safe environment that promotes positive mental health

Partnership:



Environment & Programmes:

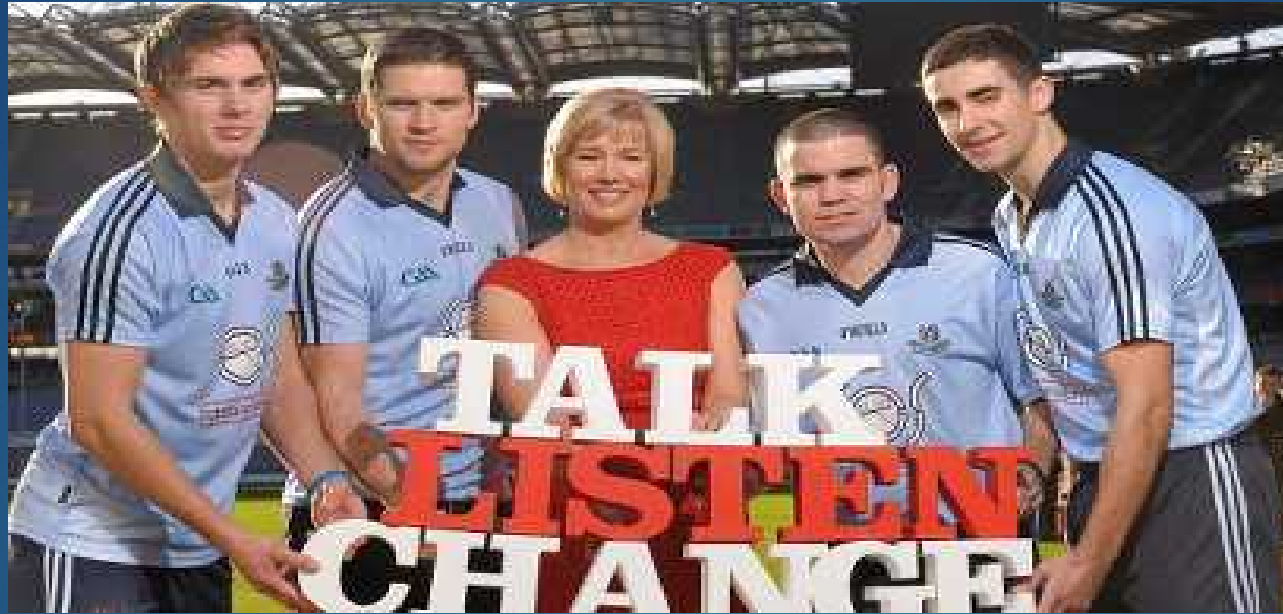
- ▶ Put up posters and signage that is available
- ▶ Create a positive and safe environment
- ▶ Roll out safe talk training to members in the club
- ▶ Link in with local services and programmes

Video example: 1st GAA club - Kingscourt Stars in Co. Cavan to adopt the Mental Health Charter – promoting positive mental health

- <http://www.rte.ie/player/ie/show/10341890/>



Our strength is providing access



.....the GAA can be an agent for change

Role Models



Conor Cusack



Alan O'Mara



Seamus O'Donnell

The GAA is leading the way in this work



the future is bright...so keep smiling



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