



Founded 1870

## **Players Positive Mental Health Statement**

## **Statement**

Rugby can contribute positively to Player's mental health, helping them to feel good about themselves and cope with everyday pressures in their lives.

Wanderers Football Club coaches, managers and referees will endeavour to encourage players:

- To have control over their emotions and their behaviour both on and off the pitch.
- To be aware of their thoughts and feelings towards themselves and others
- To manage their thoughts and feelings rather than becoming overwhelmed.

Our coaches will strive to create an environment where individual players of all ages can ask for and find help if they come under stress or face a challenge that cannot handle.

Wanderers Football Club will promote mental health among players within the club environment and will participate in any initiatives endorsed by the IRFU or government agencies to support positive mental health among our players and coaches.