



Positive Mental Health Policy

Our sports and recreational activities aim to create a welcoming, inclusive and positive environment for everyone - including our participants, professionals, volunteers. and spectators.

- Use the power of sport and recreation to promote wellbeing, with a special focus on encouraging physical activity and social interaction for their contribution to good mental health.
- Publicly promote and adopt good mental health policies and best practice within our sports and recreational activities.
- Promote positive public health messages using diverse role models and ambassadors to reduce the stigma attached to mental health problems.
- Actively tackle discrimination on the grounds of mental health to ensure that everyone is treated with dignity and respect.
- Support the establishment of a pan-sport platform to work closely with the mental health sector to develop and share networks, resources, and best practice.
- Regularly monitor our performance, assess progress and take positive action on mental health issues.

To achieve our aim we will:

We want to encourage people to discuss mental health and also to seek help and support when it is needed.