

**FOOTBALL
UNITES
SCOTTISH FA
MENTAL
HEALTH
ACTION
PLAN
2020-2024**

**FOOTBALL
UNITES**



**NOTHING
MATTERS
MORE**

SCOTTISH FA INTRODUCTION

IAN MAXWELL

The physical health benefits of playing our national sport have been widely acknowledged; however participating in football at any level and in any capacity: playing, spectating, coaching or volunteering can also improve your mental wellbeing. The Scottish FA are committed to providing support for all it's participants.



There remains a stigma when we talk about our mental health and the Scottish FA is committed to using football as a tool to break down this stigma and make a comfortable environment for people to openly discuss mental health. The Scottish FA have long supported mental health projects, from the creation of the world's first Mental Health and Wellbeing National League for people living with various mental health conditions, providing a safe and nurturing environment to play and compete within football to the ground breaking research undertaken by the Hampden Sports Clinic in conjunction with UEFA to better understand the mental health challenges of senior professional players within Scotland which resulted in the creation of "Support Within Sport" providing confidential and immediate help for professional players and coaching staff.

The Scottish FA Mental Health Action Plan 2020-2024, the first plan of its kind within the Scottish FA will bring together the stakeholders and provide a clear path in which Scottish Football will aim to support mental health provision across Scotland.

*Ian Maxwell,
Chief Executive, Scottish FA*

WHAT IS MENTAL HEALTH?



We all have 'mental health'. Mental health influences how we think and feel about ourselves and about others, as well as how we respond to things that happen to us. It affects our work, learning, relationships, and the way we cope with ordinary life events such as moving house, having children or experiencing bereavement.

Our mental health can change depending on what is happening to us and around us. These changes can make us feel down, emotional, anxious or stressed and most of the time these feelings pass, but for some they can develop into a more serious mental health problem. One in four of us will suffer from a mental health problem every year. These range from common conditions such as depression and anxiety to more complex issues including schizophrenia and bipolar disorder.

WHY IS FOOTBALL IMPORTANT?



Physical activity has been shown to benefit our mental health. Physical activity release chemicals inside our brains that make us feel good, boost our self-esteem, and help our sleep patterns. As well as these health benefits, football helps us with our social skills, helps us to build relationships and feel part of something all of which are important for someone who is struggling with poor mental health.

THE ACTION PLAN



This new Mental Health Action Plan will promote good mental health across the game and provide appropriate education and signposting for all involved in the game from players and coaches to our fans and their families. The Scottish FA will work closely with its partners to deliver these actions and build on the good work already being done within the game.



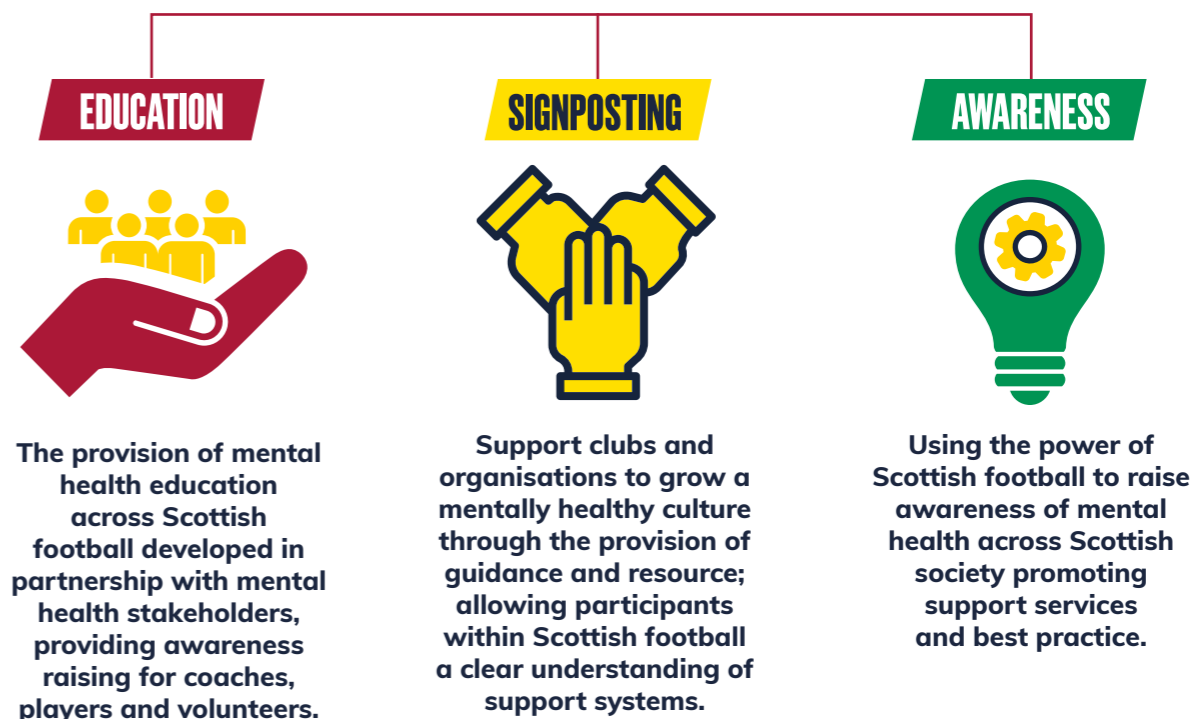


SCOTTISH FA MENTAL HEALTH ACTION PLAN - OUR PILLARS



GOVERNANCE

The Inclusion of mental health within the Scottish FA ensuring it is embedded within rules and regulations to allow the Scottish FA to lead within this area:



OBJECTIVES GOVERNANCE



PILLAR	TACTIC	OUTPUT
GOVERNANCE	THE INCLUSION OF MENTAL HEALTH WITHIN THE SCOTTISH FA ENSURING IT IS EMBEDDED WITHIN RULES, REGULATIONS TO ALLOW THE SCOTTISH FA TO LEAD WITHIN THIS AREA	Scottish FA to create Mental Health Action Plan
		Scottish FA to create Scottish Football Mental Health Advisory Panel
		Mental health included within Scottish FA Club Licensing criteria
		Mental health included with Scottish FA Quality Mark criteria
		Scottish FA to be part of UK Mental Health in Football Advisory Group

SCOTTISH FA TO CREATE MENTAL HEALTH ACTION PLAN

The creation of the Scottish FA Mental Health Action Plan will set out the path on which the Scottish FA aim to implement mental health as a focus within the Association and support the wider Football community in supporting Mental Health messaging.

SCOTTISH FA TO CREATE SCOTTISH FOOTBALL MENTAL HEALTH ADVISORY PANEL

The Scottish FA to lead on the creation of a Scottish Football Mental Health Advisory Panel inviting key stakeholders to sit on the panel which will focus on the implementation of the Mental Health Action Plan as well as advise the Scottish FA on future aims and collaborate in future joint partnerships. Creation of the Advisory Panel will allow for a single voice for mental health within Scottish Football.

MENTAL HEALTH INCLUDED WITHIN SCOTTISH FA CLUB LICENSING CRITERIA

The Scottish FA will implement mental health outcomes within the Club Licensing Criteria for membership to the Scottish FA, challenging clubs to ensure there is a focus within this vital area, both internally and externally

MENTAL HEALTH INCLUDED WITH SCOTTISH FA QUALITY MARK CRITERIA

The Scottish FA will implement mental health outcomes within its Quality Mark Club Accreditation programme which works with Scottish Grassroots Clubs, challenging clubs to ensure there is a focus within this vital area, both internally and externally.

SCOTTISH FA TO BE PART OF UK FOOTBALL MENTAL HEALTH ADVISORY GROUP

To work in partnership with the Royal Foundation and the other UK Football Associations to create and be part of a UK-wide Mental Health in Football Advisory Group to share best practice, ensure cross association working and shared messaging throughout Football is achieved.

OBJECTIVES EDUCATION



PILLAR	TACTIC	OUTPUT
EDUCATION	THE PROVISION OF MENTAL HEALTH EDUCATION ACROSS SCOTTISH FOOTBALL DEVELOPED IN PARTNERSHIP WITH MENTAL HEALTH STAKEHOLDERS, PROVIDING AWARENESS RAISING FOR COACHES, PLAYERS AND VOLUNTEERS.	Creation of Scottish FA Mental Health Awareness resource
		Scottish FA Mental Health Awareness E-Learning compulsory for all Coach Education candidates
		Further mental health education provision created / agreed
		Embedded mental health education throughout Scottish FA / UEFA Licence content
		Creating education provision for younger participants within Scottish Football
		Commitment to support Bi-yearly Mental Health in Scottish Sport conference

CREATION OF SCOTTISH FA MENTAL HEALTH AWARENESS RESOURCE

The Scottish FA in partnership with the created Mental Health Advisory Panel will create an Awareness resource to support coaches and volunteers in their understanding of mental wellbeing.

SCOTTISH FA MENTAL HEALTH AWARENESS E-LEARNING COMPULSORY FOR ALL COACH EDUCATION CANDIDATES

All Scottish FA educated coaches will be required to undertake the Scottish FA's Mental Health in Scottish Football e-learning course.

FURTHER MENTAL HEALTH EDUCATION PROVISION CREATED / AGREED

The Scottish FA along within the created Mental Health Advisory Panel will understand current mental health education provision and determine the best fit to be provided to Scottish Football which may require the creation of a new course.

EMBED MENTAL HEALTH EDUCATION THROUGHOUT SCOTTISH FA / UEFA LICENCE CONTENT

The Scottish FA will embed mental health as a topic within it's Coach Education Licence system provided to candidates depending on the coaching pathway.

CREATING EDUCATION PROVISION FOR YOUNGER PARTICIPANTS WITHIN SCOTTISH FOOTBALL

Scottish FA in partnership with the created Mental Health Advisory Panel will research and agree Education provision for Coaches and Volunteers working with Children and Young people.

COMMITMENT TO SUPPORT BI-YEARLY MENTAL HEALTH IN SCOTTISH SPORT CONFERENCE

A commitment that in partnership with Hampden Sports Clinic and other National Governing Bodies the Scottish FA will organise a Mental Health Conference encouraging joint practice.

OBJECTIVES SIGNPOSTING



PILLAR	TACTIC	OUTPUT
SIGNPOSTING	SUPPORT CLUBS AND ORGANISATIONS TO GROW A MENTALLY HEALTHY CULTURE THROUGH THE PROVISION OF GUIDANCE AND RESOURCE; ALLOWING PARTICIPANTS WITHIN SCOTTISH FOOTBALL A CLEAR UNDERSTANDING OF SUPPORT SYSTEMS.	Support within Sport programme for Mental Health provision in professional football
		Creating mental health support for Scotland International Football Squads
		Creating clear signposting to organisations who can support participants within Scottish Football
		Creation of Scottish Football Mental Health Club Development Matrix
		Share best practice to all Clubs within Scottish Football

SUPPORT WITHIN SPORT PROGRAMME FOR MENTAL HEALTH PROVISION IN PROFESSIONAL FOOTBALL

Continuing to recognise the work of the “Support within Sport” programme run by Hampden Sports Clinic with PFA Scotland. The programme provides access to immediate mental health support for players and backroom staff at 42 SPFL Clubs, Women’s Premier Leagues and Referees.

CREATING MENTAL HEALTH SUPPORT FOR SCOTLAND INTERNATIONAL FOOTBALL SQUADS

Offering support to Scottish FA National Team Players and Coaches regardless of age group. Providing educational support and signposting to support services available to individuals.

CREATING CLEAR SIGNPOSTING TO ORGANISATIONS WHO CAN SUPPORT PARTICIPANTS WITHIN SCOTTISH FOOTBALL

Creating a clear and single signposting message to provide the best support for all participants and supporters throughout Scottish Football, providing a single voice and limit misleading information.

CREATION OF SCOTTISH FOOTBALL MENTAL HEALTH CLUB DEVELOPMENT MATRIX

Supporting clubs in their efforts to provide mental health support within their clubs by creating best practice and appropriate levels of support.

SHARE BEST PRACTICE TO ALL CLUBS WITHIN SCOTTISH FOOTBALL

In conjunction the UK Mental Health in Football Advisory Group implement and provide Scottish Clubs with mental health best practice, whilst continuing to share best practice from within Scotland.

OBJECTIVES AWARENESS



PILLAR	TACTIC	OUTPUT
AWARENESS	USING THE POWER OF SCOTTISH FOOTBALL TO RAISE AWARENESS OF MENTAL HEALTH ACROSS SCOTTISH SOCIETY PROMOTING SUPPORT SERVICES AND BEST PRACTICE	Identify key mental health campaigns in which the Scottish FA can support using Social Media Channels
		Promote Scottish FA mental health outcomes within Scottish Media
		Promote and celebrate Scottish Mental Health and Wellbeing National League
		Scottish FA utilising its assets to support messaging and awareness of mental health throughout Scotland

IDENTIFY KEY MENTAL HEALTH CAMPAIGNS IN WHICH THE SCOTTISH FA CAN SUPPORT USING SOCIAL MEDIA CHANNELS

In partnership with key stakeholders, determine Scottish FA involvement within key mental health awareness raising events in which the Scottish FA can generate opportunities to raise awareness of mental health.

PROMOTE SCOTTISH FA MENTAL HEALTH OUTCOMES WITHIN SCOTTISH MEDIA

Promote the Scottish FA Mental Health Action Plan and its outcomes through Scottish FA media channels ensuring awareness of projects to ensure messaging is embedded within Scottish Football.

PROMOTE AND CELEBRATE SCOTTISH MENTAL HEALTH AND WELLBEING NATIONAL LEAGUE

Continue to support and celebrate the Scottish Mental Health and Wellbeing National League to showcase the participants and their achievements within mental health teams across Scotland.

SCOTTISH FA UTILISING ITS ASSETS TO SUPPORT MESSAGING AND AWARENESS OF MENTAL HEALTH THROUGHOUT SCOTLAND

The Scottish FA to use its assets for example National Teams and Scottish Cup to promote Mental Health Messages and outcomes to raise awareness of the importance of mental health and wellbeing and the key messages.



THANK YOU

The Scottish FA would like to thank our partners and will continue to work closely to share information to develop, deliver and evolve the Scottish FA Mental Health Action Plan.



HAMPDEN SPORTS CLINIC



BREATHING SPACE



THE ROYAL FOUNDATION



UK MENTAL HEALTH IN FOOTBALL ADVISORY GROUP



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