



# MENTAL HEALTH & WELLBEING PLAN

## SUPPORT NETWORK

A step by step process of how you can reach out to someone either within the Academy or an independent organisation to start the conversation, seek support, gain advice and be guided through your next steps towards developing your peak levels of mental fitness

### INTERNAL

#### STEP I

- Reach out to a member of academy staff
- Talk to someone you can trust
- Share your thoughts & feelings with staff
- Discuss the use of coping skills
- Apply some self-care strategies
- Tell yourself 'It is okay, not to be okay'

#### STEP II

- Complete your early morning wellbeing survey
- Develop your own wellbeing plan
- Learn new mental health management techniques
- Create your own support team
- Take a look at the 20 Achievement Activities discover a new talent!

#### STEP III

- Maintain contact with staff, family & friends
- Schedule regular connections with others
- You are part of our academy family community
- Avoid being critical of yourself
- Stop comparing yourself to others
- Celebrate your journey



### EXTERNAL

#### FP PLAYERS (U8-U11)

- PFA: [www.thepfa.com](http://www.thepfa.com)
- Go Again: [goagain.co.uk](http://goagain.co.uk)
- Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Shout: [giveusashout.org](http://giveusashout.org)
- Childline: [www.childline.org.uk](http://www.childline.org.uk)
- Winstons' Wish: [www.winstonswish.org](http://www.winstonswish.org)

#### YDP PLAYERS (U12-U16)

- PFA: [www.thepfa.com](http://www.thepfa.com)
- Go Again: [goagain.co.uk](http://goagain.co.uk)
- Sporting Chance: [www.sportingchanceclinic.com](http://www.sportingchanceclinic.com)
- PAPYRUS: [www.papyrus-uk.org](http://www.papyrus-uk.org)
- Mind: [www.mind.org.uk](http://www.mind.org.uk)
- Winstons' Wish: [www.winstonswish.org](http://www.winstonswish.org)

#### PDP PLAYERS (U17-19)

- PFA: [www.thepfa.com](http://www.thepfa.com)
- Go Again: [goagain.co.uk](http://goagain.co.uk)
- WhysUp: [www.whysup.co.uk](http://www.whysup.co.uk)
- Sporting Chance: [www.sportingchanceclinic.com](http://www.sportingchanceclinic.com)
- PAPYRUS: [www.papyrus-uk.org](http://www.papyrus-uk.org)
- If U Care: [www.ifucareshare.co.uk](http://www.ifucareshare.co.uk)
- Winstons' Wish: [www.winstonswish.org](http://www.winstonswish.org)

