

Surf Life Saving Association of Wales – Safeguarding - Appendix 14 **Mental Health and Wellbeing Statement**

As an organisation we respect the rights and dignity of all of our young members and acknowledge that everyone who is involved in our organisation has mental health and wellbeing needs.

Mental health and wellbeing refers to how a person thinks, feels and manages their life experiences and any challenges. Just as we all have physical health, we all have mental health too.

People who have good mental health and wellbeing find it easier to manage their emotions and behaviours. They are likely to be able to cope well with the day to day stresses of life and will be able to actively take part in their social setting or community.

Someone who is experiencing poor mental health and wellbeing may be unable to control negative or unwanted thoughts or feelings. This may have an impact on their ability to function effectively, which may hinder their participation and enjoyment of activities, social interactions, sport or school.

Some young people may feel they have a mental health problem or be experiencing poor wellbeing without having a specific medical diagnosis. This is where your awareness, understanding and ability to signpost to support services can be useful.

As part of our commitment to ensure that we take mental health and wellbeing into consideration in all aspects of our sport, we're working towards making sure that:

- ✓ We support our volunteer staff to hold some level of mental health and wellbeing awareness training
- ✓ We respect that everyone needs to take care of their mental health and wellbeing and that some of us may need more support than others
- ✓ There are key members of volunteer staff (safeguarding officers / coaches) in our organisation who are happy to discuss how our sport can be adapted to suit your mental health and wellbeing needs or how we can be more inclusive.
- ✓ We ask our young members via their clubs if they are happy with the level of support they receive from us and whether it could be improved in any way.
- ✓ As an organisation we recognise how the pressure of competitive sport can affect young people's* mental health and wellbeing
- ✓ Coaches and volunteers are encouraged to read information on how to support and protect a young person/people who are experiencing a mental health crisis or identifying as at risk of self-harm or suicide as part of our safeguarding reporting procedures* Further guidance for volunteer staff

*Please note: The term young member or people describes any person under the age of 18.

[How to Help Children Suffering From Depression & Anxiety | NSPCC](#)

[Addressing suicidal thoughts and feelings \(CPSU briefing\) - NSPCC Child Protection in Sport Unit \(thecpsu.org.uk\)](#)



People in our organisation you can talk to

Your Club Safeguarding Officer

Name:

Senior Coach in your club

Name:

**NGB Lead Safeguarding Officer for
SLSA Wales**

Name: Julie Wisden

Tel: 07853 000457

**NGB Deputy Lead Safeguarding
Officer for SLSA Wales**

Name: Liz Wong

Tel: 07967 671628

Childline - [Childline | Childline](#) – 0800 1111

NSPCC - [NSPCC | The UK children's charity | NSPCC](#) – 0808 800 5000

The SLSA Wales Child Protection Policy also refers to other organisations where a young person / people can find support.

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