STRATHSTRONG

Strathglass Shinty Club

OUR GUIDE TO SUPPORTING THE MENTAL HEALTH AND WELLBEING OF OUR YOUNG PLAYERS AND FAMILIES.

Mikeysline

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NON JUDGEMENTAL CONFIDENTIAL PEER SUPPORT FOR EMOTIONAL DISTRESS OR MENTAL HEALTH ISSUES

YOU CAN CONTACT US BY:

Text 07786 207755

6pm – 10pm Sun to Thurs & 7pm – 7am Fri/Sat

OR

INTRODUCTION

Training, coaching, playing and working with young people can be a rewarding but a challenging responsibility to take on. We know in Strathglass that having trusted relationships with adults and role models plays a positive and crucial role in the lives of young people, however as a coach or volunteer we sometimes may feel under-equipped to address the mental health needs of the young people who we play, coach and train with.

“Young people can have improved mental health and wellbeing as a result of positive relationships with adults, coaches and volunteers in their sports team and community. A Supportive team keep young people safe and let them know that they have somewhere to turn to when needed.” youngminds.org

In this brief guide, you will find practical information, resources and tips that will hopefully give you the tools and confidence you need to support a young Strathglass player with their mental health or at least know how to point them in the right direction. Every Adult at the club has a responsibility towards the youth. Even if that is just passing on concerns to the safeguarding officers – Laura Fraser and Sam Todd.

STRATHGLASS SHINTY CLUB

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https://www.youngminds.org.uk/

HOW DO I BUILD POSITIVE RELATIONSHIPS WITH YOUNG PEOPLE WHEN I HAVE NO EXPERIENCE?

SOME TOP TIPS FOR VOLUNTEERS/ COACHES AND CLUB LEADERS FOR BUILDING POSITIVE RELATIONSHIPS WHERE MENTAL WELLBEING CAN THRIVE.

1) Set Boundaries - You're not there to be their friend, or their parent, and they might not have had many trusted adults in their lives, so they need you to set the boundaries for the relationship. What can you help a young person with, when and where can they contact you and what will you do if you can't help them directly? Keeping consistent with your boundaries this will help young people feel safe and know that you will treat them fairly.

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2) Have a genuine interest in who a young person is as a person, as well as their wellbeing and sporting ability. Although you are there to coach them a couple of minutes of “small talk”, to ask how they are helps build a positive relationship and shows that you care.

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3) Don't be offended if the young people don't want to chat openly with you or don't respond to your "small talk". Consistency is key, try again another time or seek someone else (friend/family member/ safeguarding officer) to check in with them, especially if you've noticed a change in a young person's behaviour.

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4) Be Fully Present - If they do speak to you be it personally or simply in relation to shinty try to be fully present with them and give them your full attention. If you can't give them your full attention straight away as you are in the middle of a coaching session make sure you follow up at the end of the session or arrange another time. Remember, you are the asset and role model to this young person. Where you can, actively listen to young people without interruption. Be open, honest and real. Don't give false praise.

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5) Make time as a club to do new things together. As a shinty club it is important to boost morale and confidence within the team setting by trying new things. Shared experiences especially between young and old can really help to build rapport and relationships. It can also be easier for young people to talk when they are involved in social activities. Social activities should be varied and inclusive to all club members, volunteers and not just restricted to the players.

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How and when do I check in with young people?

SOMETIMES, YOU MIGHT FEEL YOU NEED TO HAVE PERFECT TIMING TO CHECK IN WITH A YOUNG PERSON ABOUT HOW THEY'RE FEELING. BUT ANY TIME CAN BE A GOOD TIME.

IT COULD BE DURING A WARM UP, AT THE BEGINNING OR END OF A TRAINING SESSION OR DURING A BREAK.

1. **BE PRESENT**
2. **TAKE A GENUINE INTEREST**
3. **RESPOND**
4. **FOLLOW UP NEXT TIME YOU SEE THEM.**

HOW TO START A CONVERSATION WHEN YOU HAVE NOTICED SOMETHING IS CLEARLY WRONG DURING TRAINING OR A MATCH.

1) Approach the young person, or invite them out of the situation, to have a chat with you.

2) If they are angry, frustrated or emotional find a quiet, safe, space and offer to guide the young person through some deep breaths or to take some deep breaths with you to help them calm down and find the words to explain what is happening.

3) When they're calm, tell them you've noticed they're getting frustrated and ask them what is going on. Focus on listening. Let them vent if that is what they need to do.

4) If you've had to ask them to leave the session, it's important to re-establish the connection to work out how to move forward and what is going to happen next.

5) At the end of the session write down what happened and pass on to safe-guarding officers - Laura Fraser and Sam Todd.

6) Check in with them the next day or at the next session.

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HOW TO SUPPORT SOMEONE WHO HAS REACHED OUT AND EXPRESSED THEY ARE STRUGGLING?

Reaching out for help can often be the hardest step for young people. If they have already reached out to you, it shows a level of trust and openness to support. However, this can feel like a big responsibility, and you may feel pressure to ‘solve’ how they're feeling.

This isn’t your responsibility and there are ways you can support them without feeling overwhelmed.

In moments like this, it’s good to know what support you can provide and that is to listen.
If a young person has chosen to speak to you, you may find it helpful to explore who else is around them that might be able to offer support.

1. Check you are in the right headspace yourself to support or deal with the situation.
2. Pick a safe space, sometimes a car so they don’t have to face you and give eye contact.
3. Listen - Sometimes people don’t even want a response from you, they just wish to vent (with your consent) and know that you are listening.
4. Ask them if there are any family members you could contact or any friends they would feel comfortable sharing their wellbeing with.
5. If needed - Point them towards Mikeysline website/helplines/ hive appointments.
6. Document all correspondence and inform the safeguarding officers – Sam Todd and Laura Fraser
7. Check in regularly and check they have accessed support.

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WHERE CAN I REFER YOUNG PEOPLE TO GET HELP? (LOCAL)

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We're here for you
No matter your level of need, even if it's just someone to talk to, you can always contact Mikeysline for support.

If you need someone to talk to, please text 07786 20 77 55, or contact us via messenger, webchat or Twitter.

FACE TO FACE DROP IN SESSIONS

The Hive - 19 Academy Street, Inverness
Sun-Thurs 6pm – 10pm
Fri-Sat 6pm

The Hive @ The Place, 61 Alness High Street, Alness
Wed 4.30pm – 8pm.

People who are Seeking Help with supporting Child and Adult Mental Health:

- https://www.youngminds.org.uk/

https://www.nhsinform.scot/illnesses-and-conditions/mental-health

WHERE CAN I REFER YOUNG PEOPLE TO GET HELP? (SCOTLAND AND ENGLAND)

Mind	The Mix	Childline
Offers advocacy services, as well as information and signposting on mental health difficulties, via the Mind Infoline. Also hosts Side by Side, an online community for those aged 18 and over to connect with others who are going through, or have been through, similar experiences. Opening times:9am - 6pm, Monday to Friday (except for bank holidays) 0300 123 3393 info@mind.org.uk 86463	Free, short-term online counselling for young people aged 25 or under. Their website also provides lots of information and advice about mental health and wellbeing. Email support is available via their online contact form. They have a free 1-2-1 webchat service available during opening hours. Opening times:4pm - 11pm, Monday - Friday	If you're under 19 you can confidentially call, chat online or email about any problem big or small. Sign up for a free Childline locker (real name or email address not needed) to use their free 1-2-1 counsellor chat and email support service. Can provide a BSL interpreter if you are deaf or hearing-impaired. Hosts online message boards where you can share your experiences, have fun and get support from other young people in similar situations. Opening times:24/7 0800 11 11

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