

# Irish FA



Foundation

# Welcome Joe Donnelly



# Background



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*Serving the community  
through football*



<https://youtu.be/EPKWP5araak>



# Objectives



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- Support clubs to raise awareness of mental health
- Support clubs to start to plan and promote mental health
- Raise awareness of signs to look out for in regards to player welfare
- Raise awareness of championing positive mental health
- Raise awareness of how to use the mental health toolkit

# Ahead Of The Game



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# Toolkit overview



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## Seniors:

- Depression
- Bipolar
- Stress
- Suicide awareness

## Juniors:

- Resilience
- Bullying
- Take 5 steps to wellbeing
- Nutrition

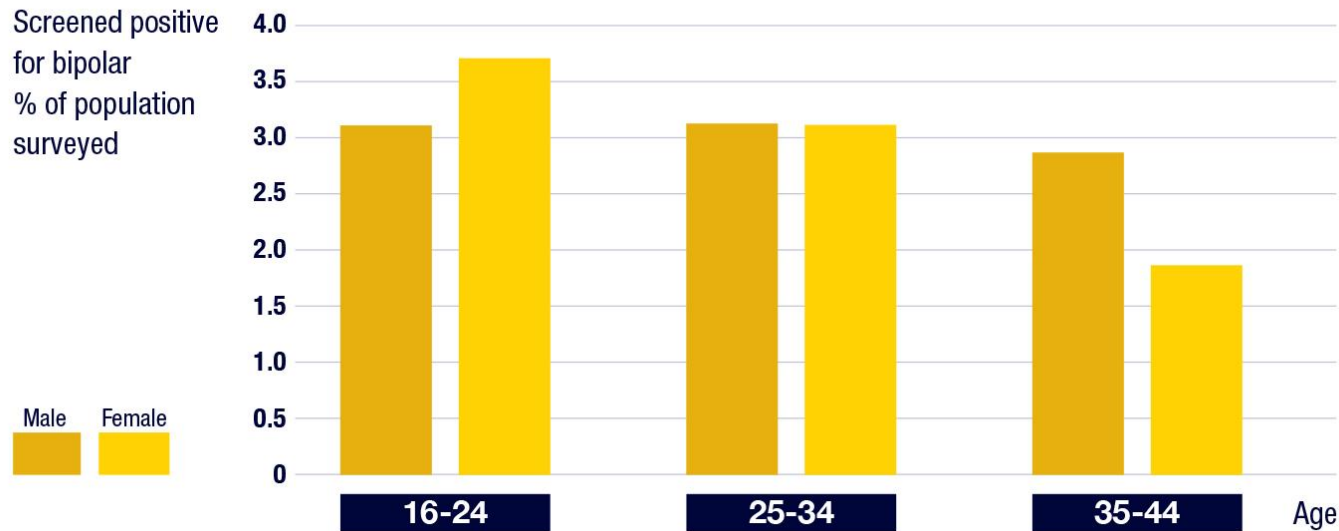
# Statistics



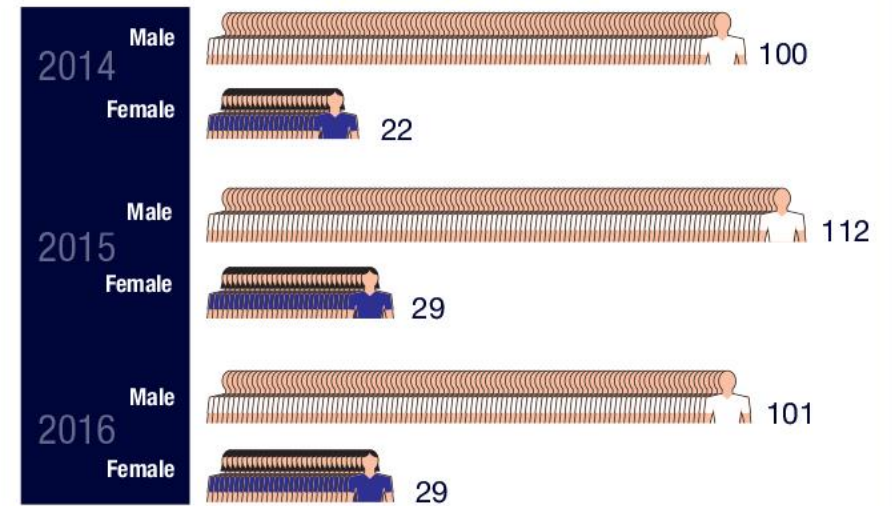
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**Percentage of population (England) who screened positive for bipolar (NHS Digital survey 2016)**



**Registered deaths by suicide registered in Northern Ireland 2014-2016**



# Delivery



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- Irish FA role out plan
- Initial four workshops
- U15/U16 squad
- Homeless World Cup squad
- Plan for a larger delivery in the new year via RGDOs and embed in Club Mark/Club Accreditation