

Sutton United Football Club

Mental Health & Wellbeing Statement



Purpose

Sutton United Football Club is committed to supporting the mental health and wellbeing of all players, staff, volunteers and spectators. We aim to create a positive, safe and inclusive environment where everyone can thrive and feel supported.

Commitment

The club will:

- Promote awareness of mental health and wellbeing
 - Provide a supportive environment for discussing mental health concerns
 - Encourage a balance between football, education, work and personal life
 - Ensure all staff and volunteers are aware of mental health support resources
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Responsibilities

- **Players, Staff, and Volunteers:**
 - Take care of their own mental wellbeing and seek support when needed
 - Respect the wellbeing of others
 - Report any concerns about mental health or wellbeing to a trusted staff member or the Designated Safeguarding Officer (DSO)

- **Coaches and Staff:**

- Promote positive mental health practices within the club
 - Be approachable and supportive to anyone experiencing stress, anxiety or other mental health challenges
 - Signpost individuals to appropriate professional support services where necessary
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Support and Resources

- The club encourages open communication about mental health
 - Confidential support and guidance will be provided
 - External mental health resources and professional services may be recommended when needed
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Review

This statement will be reviewed annually or following any significant changes to ensure the club continues to support mental health and wellbeing effectively.

Statement reviewed: March 2026

Signed: OSCAR J LUGG

Name: Oscar Lugg

Position: Soccer School & Academy Lead

Date: 23rd March 2026

