



CONTINUTENT BODY

MENTAL HEALTH INITIATIVES

The following is a list of mental health and wellbeing initiatives being run/lead by Constituent Body across England. Clubs should use the contact details provided to find out more information.

CB	MENTAL HEALTH INITIATIVE OVERVIEW	CONTACT DETAILS
Cornwall	As a CB, Cornwall support several local mental health charities and endorse club sponsored ones such as man down.	E: rugbysafe@crfu.co.uk
Durham	Acorn Emotional Wellbeing Acorn Emotional Wellbeing works in partnership with Durham County to provide professional counselling and mental wellbeing sessions to any active member of their clubs. We can also provide consultation around mental health and wellbeing if there is concern about a club member, as well as general awareness training around mental health issues and support.	W: Acorn Wellbeing E: contactus@acornwellbeing.com T: 07517122768
Gloucester-shire	Club Mental Health Accreditation Rich Berry, GRFU Mental Health & Wellbeing Ambassador is helping clubs who are interested in becoming Mental Health ambassadors to get the right level of education across the club. Once complete the clubs will receive GRFU accreditation.	Rich Berry (GRFU Mental Health & Wellbeing Ambassador) W: GRFU Mental Health Support E: richberry@grfu.org
Hampshire	Hampshire Mental Health Training Programme Mental Health training is offered to clubs. Open to club members who are in charge of member/player Mental Health.	E: hampshirerugby@yahoo.co.uk

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Hertfordshire	<p>Hertfordshire Player Welfare Project Clubs and schools have access to an online mental health wellbeing check-in tool and MHFA training (first year is funded by Herts RFU).</p> <p>JOCA Rugby (Just One Call Away) A suicide prevention support group) and walking rugby initiative. The support is open to all players 18+ and youth players (16+ with parent's consent) at clubs who sign up to the programme.</p>	<p>W: Herts RFU website</p>
Lancashire	<p>The Cauliflower Ear The initiative is aimed at starting conversations within clubs via a poster campaign within clubs & social media output. People can contact our partners at Acorn Emotional Wellbeing for counselling support (see Durham).</p>	<p>W: Acorn Wellbeing E: contactus@acornwellbeing.com T: 07517122768</p>
Oxfordshire	<p>Mental Health First Aid Training - Our County Working together</p> <p>The CB offer one free place per club to access online training. A support line has been set up with an Oxfordshire provider to offer support to clubs and individuals.</p>	<p>E: jamie.goddard12@gmail.com T: 07881710171</p>

This information has been provided by CB RugbySafe Leads, please contact them to request additions to be made to this list.

Please note only CB run/lead initiatives/projects are listed.