



## Mental Health Charter for Sports and Recreation and Key messages from Griffin Archers and Archery.

*It's fantastic that Archery GB have signed-up to the Mental Health Charter for Sport and Recreation, as part of a Nationwide initiative to create awareness of how mental health can affect any one of us.*



The Mental Health Charter for Sport and Recreation was developed by the sector for the sector, by the Sport and Recreation Alliance, Professional Players Federation and the mental health charity Mind



### The Charter aims that we:

- create a welcoming, inclusive and positive environment for everyone to participate in sport and recreation
- encourage people to talk about mental health
- support people to seek help and support when needed

### By signing up to the Charter, Griffin Archers (as part of AGB) commits to:

- promote wellbeing
- promote and adopt good mental health policies and best practice
- promote positive messages using diverse role models and ambassadors
- tackle discrimination
- support a network to share resources and best practice
- monitor your performance, assess progress and take positive action on any mental health issues



We are aware that we can offer support, somewhere to safely learn and practise the sport of Archery, and appropriate advice and coaching. There are members with lived experiences of mental health issues who may choose to share their stories. But, we, as a club, understand that the most important thing is to be as much a part of the club and the sport as you feel able to be. No one will ever be forced to do or take part in anything and there will always be someone to listen to your concerns if you have any, or choose to share. Someone will notice if you fail to turn up when expected.

Griffin Archers will always suggest that expert mental health advice is sought, alongside taking part in Archery.

Over 280 organisations are now signed-up to the Charter (August 2017). We're proud to be affiliated to Archery GB, who, as one of those organisations, are committed to taking positive action around mental health and physical activity and inclusion within archery.

