

Mental Health Champions Safeguarding and Risk Management



Session overview



- Safeguarding
- Boundaries
- Risk management
- Who to tell and how to get help
- Scenarios
- Questions
- Further support and guidance



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What is Safeguarding?

Safeguarding includes taking steps to promote an individual's general wellbeing by addressing:

Abuse and serious harm (prevention and responding to incidents)

Wider welfare issues and concerns

Poor practice, low level concerns (prevention and responding to incidents)

Safeguarding adults



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Setting and maintaining boundaries



- Clearly define the role and boundaries of volunteers
- Inform everyone of these boundaries to manage expectations
- If required, communicate the reason for these boundaries
- Signpost to further information and support
- Don't make promises you may not be able to keep
- Provide ongoing support to volunteers

The role of the Mental Health Champion



- **Support:** Working with other people in their running club/group to proactively support the mental wellbeing of members.
- **Engage:** Build links with their local mental health groups and organisations, and encourage their members to start running.
- **Promote:** Promote #RunAndTalk on social media and share posts from England Athletics, RunTogether, Mind and other Mental Health Champions.
- **Talk:** Start conversations about mental health with members and share good news stories to get people talking about mental health.
- **Advocate:** Share guidance and information with their club/group about mental health issues related to running.
- [The role of the Mental Health Champion webinar](#)

The role of the Mental Health Champion



Things that may not be appropriate include:

- Being contacted outside of club or group hours, including through social media, to provide emotional support with mental health and wellbeing.
- Providing people with lifts to GP or therapy appointments, etc.
- Meeting people in their homes.
- Providing mental health therapy or counselling support.
- Diagnosing people, offering medical or clinical advice or interventions.
- Dealing with challenging behaviour such as abuse or threats.



Are all people experiencing mental health problems adults at risk?



Safeguarding vs risk management

Safeguarding is about protecting adults at risk (and CYP) **from others**

Risk management is about protecting adults at risk (and CYP) **from themselves**



Risk management considerations

- Empower people to make their own decisions and take action for themselves
- Balanced with providing active support when someone requires it
- Existing club/group policies, procedures and code of conduct
- Mental health skills, knowledge and experience
- Knowledge of mental health services (signposting)
- Out of hours/on-call and emergency procedures
- Setting and maintaining boundaries
- When and how to break confidentiality

Update it regularly and for it to be accessible to everyone.



When and how to break confidentiality

- There is an immediate danger
- The person is physically present and experiencing a mental health [crisis](#)
- The person is planning to take action that will put others at risk
- There is a safeguarding concern that has a wider impact
- The person is under 18
- There is a safeguarding issue that concerns a child
- You believe the adult is at risk and they don't want you to make a safeguarding referral

- **Always discuss breaking confidentiality with the individual and encourage them to seek help and support**
- **Talk it through within your organisation or contact your local safeguarding adults or safeguarding children team or the police**
- **Self-care**



Mental Health and Physical Activity Toolkit

Guide 9: Safeguarding and mental health

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Scenario 1



- If someone discloses a mental health problem to me, should I tell other people, such as other leaders, coaches, committee members or managers, in the club/group/ organisation what I know?

Scenario 2



- A runner tells you that they are very anxious and you talk about how they manage it with support from their GP and local mental health outreach team. The next week you chat again and they tell you that they are frightened of their partner and this is adding to their anxiety. You think that they have a toddler. What should you do?

Scenario 3



- A runner has contacted a Mental Health Champion out of hours on Facebook and via text stating that they have harmed themselves and are having suicidal thoughts. What should you do?

Scenario 4



- A runner has clearly told you that they plan to take their life within the next 24 hours, or has already taken action which puts their life in danger, but does not want to seek support themselves and does not give their consent for you to do so. What should you do?

Scenario 5



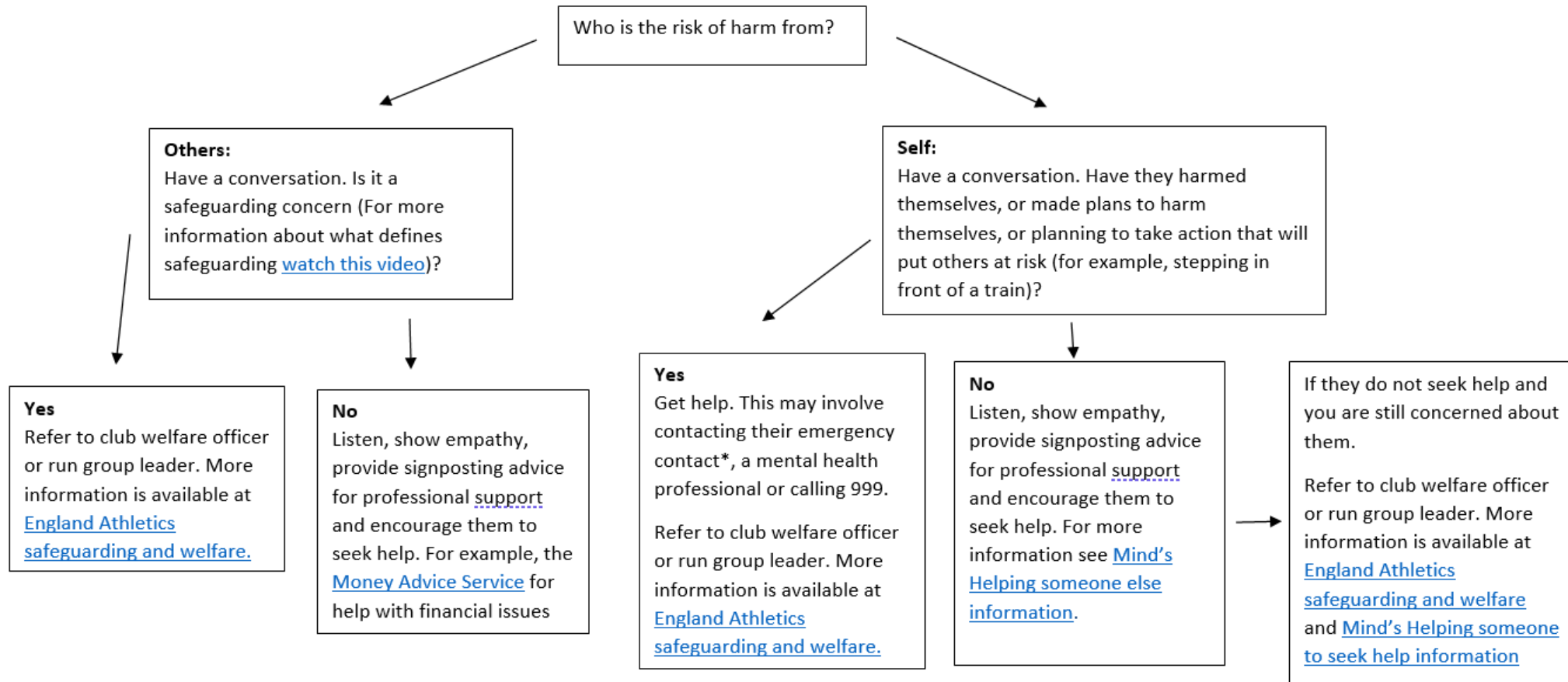
- A runner keeps collapsing at training and has told you that they are receiving care for an eating disorder. You've asked them to speak with their healthcare team to get guidance on taking part in exercise but they've not provided any. What should you do?

Sharing a concern



Mental Health Champion Safeguarding and Risk Management (Adults)

If you are concerned about someone's welfare you can follow this flowchart to help support you with what to do:



*Don't contact their emergency contact if the disclosure is linked to that person. Only contact their emergency contact if it is safe to do so.

Further support



- [England Athletics](#)
- [Mind toolkit](#)
- [Ann Craft Trust](#)
- [NSPCC Child Protection in Sport Unit](#)
- [UK Coaching](#)