

# THE GAA MENTAL HEALTH CHARTER

Promoting Positive Mental Health & Wellbeing through the GAA

## Drumlane GAA Club

has adopted the GAA Mental Health Charter, aimed at promoting positive mental health for all our members and the wider community in which we are situated. At the core of this charter is the R-E-S-P-E-C-T philosophy which stipulates that everyone will be treated with respect, and they will participate, enjoy and contribute to our Club without prejudice, discrimination or any other negative consequences for them or others.

**It's a whole club approach to promoting positive mental health – Our Club is Our Community.**



**YOUR CLUB, YOUR COUNTY, OUR COMMUNITY**

**GIVE  
RESPECT  
GET  
RESPECT**  
Our games. Our choice.


















Download our full GAA Mental Health Charter from [gaa.ie/community/mentalhealthcharter](http://gaa.ie/community/mentalhealthcharter)

## Promoting Positive Mental Health & Wellbeing through the GAA

### Drumlane GAA Club

commits to taking the following steps in order to develop and foster a culture of emotional wellbeing at all times for all members.

-  Promote mutual respect at all times.
-  Include and welcome everyone to the Club.
-  Not tolerate negative attitude or behaviour.
-  Give everyone a voice, take time to listen and talk.
-  Create a safe environment where enjoyment is paramount.
-  Accept decisions of officials and Club management gracefully.
-  Highlight participation, good sportsmanship and achievement.
-  Link with external agencies to seek training, help, and support when necessary.
-  Encourage everyone to be involved and ensure fair play, equality, and enjoyment.
-  Support all club members providing reassurance that there is someone who can help.
-  Signpost suitable support services as and when required.
-  Promote and make available where necessary the GAA Play in My Boots Mental Fitness Pack.
-  Promote the GAA approved WorkOut mental fitness app for smartphones.
-  Promote the GAA's RESPECT Initiative.
-  Follow the appropriate steps as set out in the GAA Critical incident Response Plan in the event of a critical incident.



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