

## SELF HARM AND SUICIDE AWARENESS

Sports organisations are ideally placed to make a real difference for vulnerable young people. Although many young people would prefer to turn to other young people for support, it is the responsibility of adults within a club to ensure that no young person feels they have to carry this burden alone. Often all a young person will want is to be able to talk to someone who will listen and respect them, making it so important that sports and activity providers nurture the development of a culture of respect.”

**Basketball Northern Ireland has implemented the following as part of their safeguarding policy:**

1. Aim to encourage open discussions promoting mental health
2. Encourage clubs to have a culture of listening to young people and responding appropriately  
Promote awareness of charities such as ChildLine 0800 111 ,[www.ChildLine.org.uk](http://www.ChildLine.org.uk) and Lifeline 0808 808 8000
3. Take proactive measures to ensure that everyone understands their roles and responsibilities in respect of safeguarding, and is provided with appropriate learning opportunities
4. Encourage coaches and club officials to attend suicide awareness training
5. Ensure appropriate action is taken in the event of incidents or concerns indicating a child may be suffering from mental illness, or at risk of self-harm or suicide, and ensure support is available to the individual(s) who raise the concern.
6. Familiarise yourself with the briefing document on self-harm from C.P.S.U. It is available as a download on safeguarding section of [www.basketballni.com](http://www.basketballni.com)