



## **Mental Health First Aid**

At the Isle of Wight Cricket Board (IWCB), we are committed to fostering a safe, supportive, and inclusive environment for everyone involved in the game. Mental Health First Aid plays a vital role in ensuring the players, coaches, officials, and volunteers have access to the right support when facing mental health challenges.

7 members from the IWCB have recently undertaken training to become First Aiders of Mental Health (FAMH). These members of staff now have the skills and knowledge to recognise signs of distress, provide initial support, and guide those in need toward professional help. By integrating mental health awareness into our safeguarding framework, we aim to reduce stigma, promote wellbeing, and create a culture where everyone feels valued and supported.

Whether on or off the field, mental health matters. If you would like to speak to one of FAMH to have a chat or to help signpost you to professional services, please see below for contact details. **However, if you believe someone is in crisis and/or immediate danger, call 999 immediately!**

If your club requires more information on Mental Health First Aid, please contact your County Safeguarding Officer - Sarah Peake: [csso@isleofwightcricket.co.uk](mailto:csso@isleofwightcricket.co.uk) or 07598137872.



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### **Club Support Offer – “Opening Up Cricket” Workshop**

The IWCB is offering a free “Opening Up Cricket” workshop to all clubs to help further support the promotion of mental wellbeing and suicide prevention through our sport. If you would like further details, please contact the IWCB Safeguarding Officer – Sarah Peake: [cso@isleofwightcricket.co.uk](mailto:cso@isleofwightcricket.co.uk)



#### **Useful Links:**

