

MENTAL HEALTH AWARENESS POLICY



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- You must understand and acknowledge the meaning of mental health which is a person's condition with regard to their psychological and emotional well being. Awareness to mental health issues has grown with time and we at NEBULA Wrestling are dedicated to bringing further understanding of such issues.
 - If you are aware of someone struggling with their mental health who could be in danger to themselves or others you must report this to our head of safeguarding.
 - Bullying, antagonising or causing further distress to anyone who is struggling with mental health issues will not be tolerated.
 - If you yourself are struggling with mental health whether in regards to wrestling or outside factors please feel welcome to reach out to a member of staff so we may assist you.
 - Be supportive and inclusive to those who may be struggling with mental health issues as best as you can.

Please note the provisions in this policy are subject to amendment at the discretion of NEBULA Wrestling management.

Head of safeguarding: Juliette De Mornigny

Head of safeguarding contact: Juliette.nebulawrestling@gmail.com