

# **Professional Players Federation**

## **Mental health action plan**

### **Introduction**

The PPF is a federation of 12 different professional player associations in the United Kingdom. It brings the member associations together to share best practice and develop new initiatives. Despite being a relatively small organisation (albeit with some large members), the PPF was one of the driving forces behind the Mental Health Charter for Sport and Recreation.

Simon Taylor, the chief executive will be the internal lead on all areas of the PPF's action plan.

### **Overview**

The main ways that the PPF will fulfil its obligations arising from its support of the Mental Health Charter are by:

- Actively contributing to the Mental Health Working Group that is overseeing the development of the Charter
- Encouraging its member player associations to focus on mental health issues and support both the Charter, its associated events and other mental health initiatives
- Sharing and promoting good practice and information with the membership (and a wider audience)

### **Mental Health Working Group**

The PPF is a founding member of the Mental Health Working Group and attends meetings and actively contributes to discussions and planning.

The PPF is actively supported the preparations for the SportMinds conference at Wembley on 6 October 2015, providing advice, speakers and also financial support.

### **Sharing Information**

The PPF is committed to working with the member player associations to highlight mental health issues at its regular meetings and in responding to requests for assistance. This will involve the sharing of good examples amongst the membership – such as the work of LPP Consulting, Sporting Chance and State of Mind.

The PPF's education and training committee meets regularly to discuss dual career issues and helping players prepare for and cope with the end of their sporting careers and transition into the next life stage. This can be a mentally challenging period for players and mental health support is a key ingredient.

### **Promoting Mental Health**

The PPF will also be encouraging members to support national campaigns like Time to Change and World Mental Health Day – as well as supporting them itself.

PPF will use Twitter to promote positive mental health effects of sport, supporting good practice and positive examples about mental health and sport with a particular focus on elite athletes. These

examples will focus on the SportMinds national conference, Time to Talk and World Mental Health Day.

Simon Taylor and Brendon Batson OBE will continue to respond positively to speaking opportunities about the Mental Health Charter for Sport.

### **Developing new initiatives**

The PPF will continue to explore funding opportunities with the Responsible Gambling Trust to reduce gambling problems and their relationship with the wider mental health agenda within sport.

The PPF is currently waiting to hear from the RGT about funding for a research and education programme for football, cricket and rugby union on problem gambling prevention.

### **Employment practices**

Whilst the PPF has a small staff based on outside consultants it will continue to encourage flexible working and working from home.

The PPF will also encourage the member player associations to recognise their responsibilities to their employees with regards to mental health – especially the need for support for people working directly on mental health support for athletes.

### **Assessment**

The PPF will include progress on the wider mental health in sport and on this action plan within the informal annual assessments between the Chief Executive and Chairman.

Furthermore the PPF commits to formally review and update this Action Plan on 1 October 2016.

Simon Taylor

Chief Executive

21 September 2015