



Clontarf GAA Mental Health Charter

Our commitment to promoting and maintaining positive mental health for all our members.

RESPECT

Everyone in the club will respect the rights, dignity and worth of each person, regardless of ability, age, culture or ethnic origin, gender, sexual orientation, or religious belief.

ENCOURAGING

The club will ensure that everyone is treated equally, fairly, and encouraged to do their best.

SUPPORTIVE

The club will ensure that all members are aware of and encouraged to use the support system that the club and its varied members provide.

POSITIVE

Everyone's positive contribution to club life is recognised and we understand that every member has an important role to play.

ENABLING

We will create an environment and atmosphere within all club activity that enables all members of the Association to maintain as well as develop their mental health and emotional wellbeing.

CONSIDERATE

Everyone within our club will be listened to and be given an opportunity to contribute to express their opinions without reprisal and judgement.

TOLERANT

An element of discipline will underpin our club to ensure that our games are controlled and that values such as honesty, equality and fair play are promoted at all times.

Clontarf GAA is committed to following the GAA's Mental Health Charter.

Signed: Donal Nolan

Date: 18th January 2018

Chairperson Clontarf GAA



clontarfgaa.com/healthyclub

