



WINN FAMILY T-20 LEAGUE

Module: Mental Health Awareness

Module Number: WFA602

The Winn Family Association (WFA)

Modules Objective: Provides volunteers with the knowledge and confidence to promote positive mental wellbeing, recognise when someone may need support, and understand the appropriate ways to respond within the Winn Family T-20 League.

LEARNING OBJECTIVES

By the end of this course you will be able to:

- ✓ Understand what mental health is and why it is important.
- ✓ Recognise common signs that someone may be struggling with their mental wellbeing.
- ✓ Understand the impact of stress, anxiety and depression.
- ✓ Have supportive wellbeing conversations.
- ✓ Know your role and limitations as a volunteer.
- ✓ Signpost people towards appropriate support.

WHAT IS MENTAL HEALTH?

Mental health refers to our emotional, psychological and social wellbeing. It affects how we think, feel and behave in everyday life.

Everyone has mental health, just as everyone has physical health. Mental health can change over time depending on life experiences, relationships, work, education and personal circumstances.

Good mental health helps people to:
Cope with life's challenges.

Build positive relationships.

Make decisions.

Enjoy hobbies and sport.

Reach their full potential.

Mental health problems can affect anyone, regardless of age, background or experience.

WHY MENTAL HEALTH MATTERS IN CRICKET

Cricket is a sport that brings people together, but it can also create pressure through competition, performance expectations and personal commitments.

Positive mental wellbeing helps volunteers and players to:
Enjoy participating.

Build confidence.

Improve teamwork.

Communicate effectively.

Stay motivated.

Supporting mental health creates a healthier and more enjoyable environment for everyone involved in the Winn Family T-20 League.

COMMON MENTAL HEALTH CONDITIONS

Some of the more common mental health conditions include:

Anxiety – Persistent worry or fear that affects daily life.

Depression – Ongoing feelings of sadness, hopelessness or loss of interest.

Stress – A natural response to pressure, which can become harmful if prolonged.

Burnout – Emotional and physical exhaustion caused by long-term stress.

Remember, volunteers are not expected to diagnose mental health conditions.

Their role is to recognise concerns, provide support and encourage professional help where appropriate.



RECOGNISING THE SIGNS

A person experiencing poor mental wellbeing may:

- Become withdrawn.
-
- Lose interest in cricket.
-
- Miss matches or meetings.
-
- Appear unusually tired.
-
- Become easily irritated.
-
- Show reduced confidence.
-
- Have difficulty concentrating.
-
- Experience changes in appetite or sleep.

These signs do not always indicate a mental health condition, but they may suggest that someone needs support.

UNDERSTANDING STRESS

Stress is a normal part of life, but excessive stress can affect health and wellbeing.

Common causes include:

School or work pressures.

Family responsibilities.

Financial concerns.

Sporting performance.

Personal relationships.

Signs of stress may include headaches, tiredness, poor concentration, irritability and difficulty sleeping.

Managing stress early helps prevent it from becoming overwhelming.

DEPRESSION

Depression is a medical condition that affects how a person thinks, feels and behaves.

Possible signs include:

Persistent sadness.

Loss of motivation.

Withdrawal from friends.

Fatigue.

Difficulty concentrating.

Feelings of worthlessness.

Encouraging someone to seek professional support is often the most helpful response.

LOOKING AFTER YOUR OWN MENTAL HEALTH

Volunteers should also care for their own wellbeing.

Healthy habits include:

Getting enough sleep.

Eating well.

Staying physically active.

Taking breaks

.

Speaking openly about stress.

Spending time with family and friends.

Looking after yourself helps you support others effectively.

THE ROLE OF A VOLUNTEER

Volunteers are not counsellors or therapists.

Your role is to:

- ✓ Notice when someone may need support.
- ✓ Listen without judgement.
- ✓ Offer reassurance.
- ✓ Encourage professional help where appropriate.
- ✓ Report any immediate safeguarding concerns.

Knowing your limits is an important part of responsible volunteering.

STARTING A WELLBEING CONVERSATION

Simple questions can help someone feel supported.

Examples include:

"How have you been recently?"

"You don't seem yourself today. Is everything okay?"

"Would you like to talk?"

Choose a private, calm environment and give the person time to respond.

ACTIVE LISTENING

Good listening means:

Giving your full attention.

Maintaining eye contact where appropriate.

Avoiding interruptions.

Asking open questions.

Allowing silence.

Avoiding judgement.

Sometimes listening is more valuable than giving advice.



WHAT NOT TO SAY

Avoid saying:

- ✗ "Just cheer up."
- ✗ "Everyone gets stressed."
- ✗ "You'll be fine."
- ✗ "It's not that bad."

Instead say:

- ✓ "I'm here to listen."
- ✓ "Thank you for telling me."
- ✓ "How can I support you?"



SIGNPOSTING SUPPORT

If someone requires further support, encourage them to speak with:
A parent or trusted family member.

A friend.

Their GP or healthcare professional.

A school or workplace wellbeing service.

The WFA Welfare Officer.

Recognised mental health organisations.

Volunteers should never attempt to provide professional mental health treatment.

CREATING A POSITIVE ENVIRONMENT

Positive environments encourage wellbeing.

Simple actions include:

- Welcoming everyone.
- Celebrating effort, not just results.
- Being respectful.
- Encouraging teamwork.
- Recognising achievements.
- Challenging bullying or discrimination.

Everyone contributes to the culture of the league.

MENTAL HEALTH DURING MATCH DAY

Volunteers should remain aware of participants who appear distressed.
Offer support where appropriate.

If someone becomes overwhelmed:

Stay calm.

Move to a quieter area if possible.

Offer reassurance.

Contact appropriate support if necessary.

Safety should always come first.

CASE STUDY 1

A volunteer who normally attends every match suddenly stops coming and ignores messages.

What should you do?

- A. Remove them immediately.
- B. Ignore the situation.
- C. Contact them privately to check how they are and offer support.
- D. Discuss the situation publicly.

CASE STUDY 2

A player tells you they have been feeling overwhelmed with school and no longer enjoy cricket.

What should you do?

Listen carefully.

Thank them for speaking to you.

Encourage them to speak with a trusted adult.

Inform the Welfare Officer if appropriate.

Continue offering support without pressure.

SUPPORTING YOUNG PEOPLE

Young people may experience stress from:

School.

Exams.

Friendships.

Family changes.

Sporting expectations.

Adults should create an environment where young people feel comfortable asking for help.

KEY TAKEAWAYS

Remember:

Mental health affects everyone.

Listen without judgement.

Know your role.

Encourage professional support.

Treat everyone with respect and kindness.

KNOWLEDGE CHECK

Ask yourself:

- ✓ Can I recognise common signs?
- ✓ Do I know how to have a supportive conversation?
- ✓ Do I understand my role?
- ✓ Do I know where to signpost support?

If yes, you are ready for the assessment.

ASSESSMENT & CERTIFICATION

WFA602 Assessment Requirements – to successfully complete this course you must:

- ✓ Complete the WFA602 online assessment.
- ✓ Achieve a minimum pass mark of 85%.

Candidates who do not achieve the required pass mark may review the course materials before attempting the assessment again.

Upon successful completion you will receive:

 WFA Mental Health Awareness Badge

 Official WFA602 – Mental Health Awareness Certificate

 WFA Mental Health Awareness Accreditation

This qualification recognises your understanding of mental health awareness and your ability to promote a supportive environment within the Winn Family T-20 League.



THANK YOU FOR WATCHING

Winn Family T-20 League

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The Winn Family Association (WFA)

Thank You for Completing WFA602

Thank you for helping to promote positive mental wellbeing across the Winn Family T-20 League.

By completing this course, you are supporting the WFA's commitment to creating a safe, welcoming and respectful environment where everyone can enjoy cricket.

Next Step: Complete the WFA602 online assessment to receive your badge, certificate and accreditation.

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