



The poster features a black background with four red and white lion head logos in the corners. The text is centered and reads:

Warrington RUFC
LooseHeadz
#TackleTheStigma

MISSION - Our mission is simple; Warrington RUFC want to have a number of Looseheadz Mental Health Leads across all age ranges in the club.

WHY? - To help prevent, promote, educate and signpost around mental health.

SUPPORT - All of our Warrington Looseheadz are trained and have access to the Looseheadz toolkit that include online resources and offline materials.

Here to listen

Warrington LooseHeadz

Dear all. As Warrington RUFC we have teamed up with the Rugby Charity *LooseHeadz* in order to tackle the stigma around Mental Health.

We currently have 5 trained LooseHeadz Mental Health First Aiders at the club across the age groups that are here for both players, coaches and parents.

They are here to listen and help support anyone that feels they are suffering with their mental health. They won't have all the answers but can listen and help direct to the relevant support. At times all it needs is just a chat.

All conversations are completely confidential (unless a safeguarding issue).

As a club it is important that we tackle the stigma around mental health and make sure that all of our members feel supported in this!

Never Suffer in Silence

From
Warrington Looseheadz

LooseHeadz ***#TackleTheStigma***

Meet the LooseHeadz Team



Kev Jones
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Dave Evans
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Dom Hastings
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Jon Ward
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Callum Hindle
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HERE TO LISTEN

COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



☎ 0300 123 3393
📞 Helpline
🌐 mind.org.uk



☎ Text SHOUT to 85258
📞 24/7 text service
🌐 giveusashout.org



☎ 116 123
📞 24/7 helpline
🌐 samaritans.org



☎ Text YM to 85258
📞 24/7 text service
🌐 youngminds.org.uk



☎ 0800 58 58 58
📞 Helpline for men
🌐 thecalmzone.net



☎ 0800 068 4141
📞 Under 35s Helpline
🌐 papyrus-uk.org