



## MENTAL HEALTH CHARTER

**ROGER CASEMENTS GAC** and **GERALDINES CC** are committed to promoting and maintaining positive mental health for all our members by following the GAA'S Mental Health Charter.

### 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

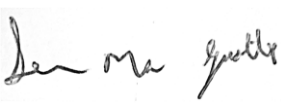
We will create an environment and atmosphere within all club activity that enables all members of the Association to maintain as well as develop their mental health and emotional wellbeing.

### Considerate

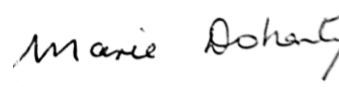
Everyone within our club will be listened to and be given an opportunity to contribute to express their opinions without reprisal or judgement.

### 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.

Signed: 

Chairperson  
Roger Casements GAC, Portglenone

Signed: 

Chairperson  
Geraldines CC, Portglenone

