



RUGBY LEAGUE IRELAND
Mental Health & Wellbeing Policy 2025

1. Purpose

Rugby League Ireland (RLI) recognises that positive mental health and wellbeing are essential to the safety, enjoyment, and participation of all involved in rugby league. This policy outlines RLI's commitment to promoting mental wellbeing, reducing stigma, and supporting appropriate help-seeking.

2. Scope

This policy applies to all players, coaches, referees, volunteers, officials, staff, and board members involved in rugby league activities under the jurisdiction of Rugby League Ireland.

3. Policy Statement

RLI is committed to creating a supportive, inclusive environment where mental health is respected and taken seriously. Mental health concerns will be treated sensitively and without discrimination. RLI promotes early recognition, open communication, and appropriate signposting to professional support services.

4. Understanding Mental Health

Mental health exists on a continuum and may fluctuate due to sporting, personal, or external factors. Participation in sport can positively support wellbeing, but pressures relating to performance, injury, selection, or life circumstances may also impact mental health.

5. Roles and Responsibilities

RLI Board: Promote a culture that values mental wellbeing and ensure appropriate policies are in place.

Clubs, Coaches & Officials: Foster supportive environments, be aware of signs of distress, and refer concerns appropriately.

Players & Participants: Look after personal wellbeing, speak up when struggling, and support others.

6. Recognising Mental Distress

Signs may include changes in mood or behaviour, withdrawal, irritability, loss of motivation, changes in sleep or appetite, decline in performance, or expressions of hopelessness. Any concerns should be taken seriously.

7. Support and Signposting

RLI does not provide clinical mental health services. Individuals experiencing mental health difficulties should be encouraged to seek support from qualified professionals such as general practitioners, counsellors, psychologists, or recognised mental health organisations. In cases of immediate risk, emergency services should be contacted.

8. Confidentiality and Data Protection

Mental health information will be handled sensitively and confidentially, and shared only where necessary to protect the individual or others, or where required by law, in line with RLI data protection policies.

9. Safeguarding Considerations

Where mental health concerns involve children or vulnerable adults, safeguarding procedures must be followed in line with RLI Child Safeguarding and Adult Safeguarding Policies.

10. Education and Awareness

RLI will promote mental health awareness and signpost relevant resources where appropriate. Clubs are encouraged to engage with mental health awareness initiatives.

11. Review of Policy

This policy will be reviewed every two years, or earlier if required due to changes in guidance, legislation, or best practice.