

Jonathan Latimer

Carlisle Futsal manager sets up mental health awareness scheme to combat suicide

The manager of Carlisle Futsal FC has used the club's significance across Cumbria and its social media presence to set up a mental health awareness scheme.

Al Tindall, 36, set up the scheme because he wanted to take advantage of the futsal club's large reach across Cumbria and use it to help people.

Tindall is the manager of the first team but is also heavily involved in the club's academies that span from Carlisle to, West and South Cumbria.

Tindall said: "I just thought we don't do anything like that, and we really should because we have a really good social media presence,

"It would be a great thing if we can do something really positive for the community."

With the Premier League embarking on the 'Heads Up' campaign, male suicide has been a big talking point for English football in recent weeks.

Tindall's efforts involved making his players sign up to and participate in an online mental health training session and he has shared the training on social media for the club's 6,000 followers to complete.

The online training is intended to help educate people so that they know how to deal with and help people that may be suffering with mental health issues.

Tindall said that his players received the news of the training excellently: "They were fantastic,

"They've all been sending through their certificates showing that they've completed the training, which is perfect,

"There's 180 kids in the academy, and they have all got two parents so we can reach a lot of people very quickly."

Tindall hopes that by showing the club's commitment to mental health that people will find the team more approachable.

He said: "We are not scared to say the word suicide,

"If people are feeling that way, come and say and come and talk, because that's what helps."