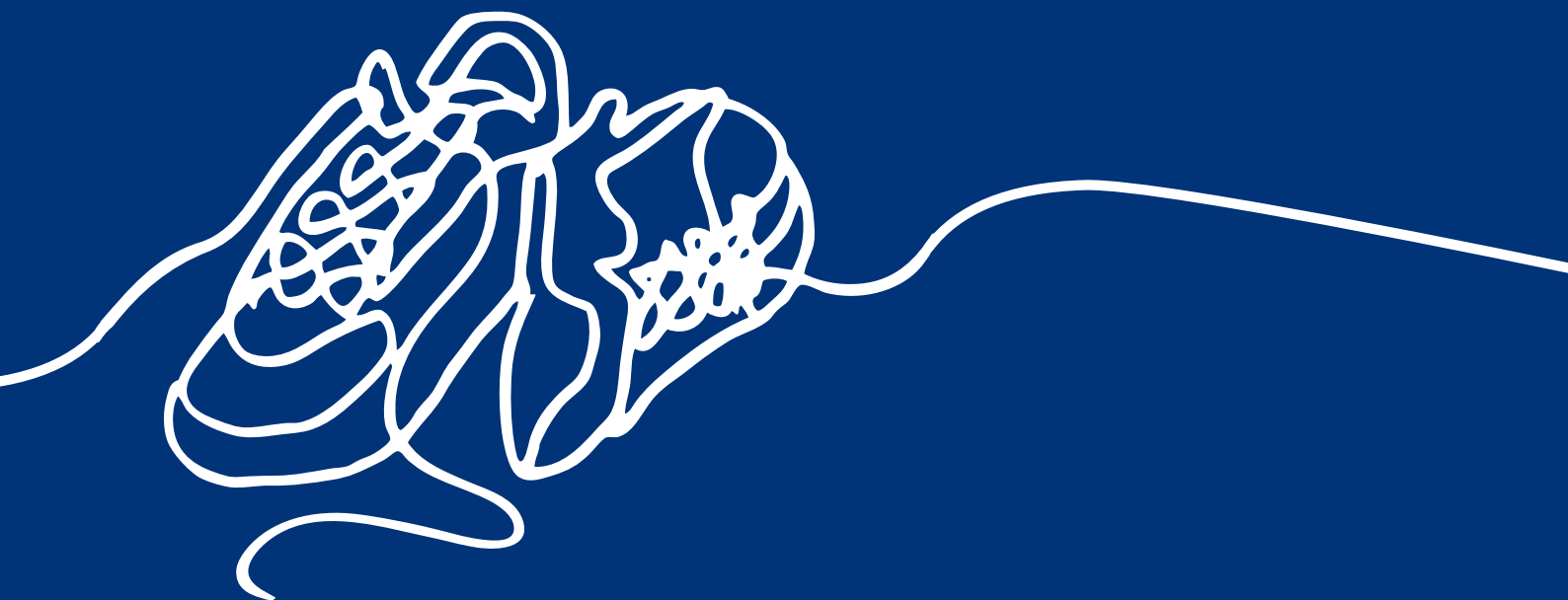


In partnership with:



Mental health support for the sport & physical activity sector



Introduction

At Mind, we won't give up until everyone experiencing a mental health problem gets support and respect.

Mental health and physical activity are interlinked and there is growing evidence highlighting the positive impact being active can have on mental wellbeing.

Consequently, we want to help the sport and physical activity sector to support and engage people experiencing mental health problems in being active. This document lists the support Mind can provide the sector to help them around mental health.

Mental health support for sport and physical activity organisations

1. Make a commitment

- Sign the **Mental Health Charter for Sport and Recreation**
- Develop a **mental health action plan**
- Build mental health into your strategy

2. Take action

- Sign up to **Mind's Physical Activity and Mental Health** monthly newsletter
- Complete **Mind's Mental Health Awareness for Sport and Physical Activity eLearning** training
- Join the **Regional Network** in your area
- Take a look at **Mind's Sport and Physical Activity for people with mental health problems: a toolkit for the sports sector plus other helpful resources**
- Build your mental health knowledge by accessing **Mind's information and resources**

4. Raise awareness

- Promote your mental health work on social media and use **#SportMinds**
- Get involved in campaigns such as **World Mental Health** and **Time to Talk Days**, **We Are Undeatable**, **On Your Side** and **Every Mind Matters**
- Share stories of the people you have supported

3. Take stock

- Review and update your mental health action plan on a regular basis
- See what other organisations are doing – check out **case studies** and **good practice examples**
- Take part in **Mind's Workplace Wellbeing Index** to see what you are doing well around mental health for your staff and where you could improve



How can Mind support

We can support you wherever you are in your mental health journey.

Follow the links above to better support and engage people experiencing mental health problems in sport and physical activity.

Training

Mental Health Awareness for Sport and Physical Activity eLearning

This online course costs £15+VAT, takes 2-3 hours to complete and provides you with the knowledge, skills and confidence to better understand and support people living with mental health problems to be active.

[Click here to find out more.](#)

Organisations interested in purchasing bulk registrations, and receiving volume discounts, can do so by getting in touch with [1st4sport](#).

Additional training

Other training courses are available if you would like to enhance your knowledge and understanding. Popular courses include [Mental Health Awareness](#), Mental Health First Aid (delivered by [local Minds](#) and other providers), [Managing Mental Health in the Workplace](#) and free [Mental Health for Small Workplaces eLearning](#).

1 in 4

people will experience a mental health problem in any given year¹

Resources

Sport and physical activity for people experiencing mental health problems: a toolkit for the sports sector

Contains information on mental health problems, terminology, safeguarding and managing risk. It also shares learning and good practice as well as using real examples and tested resources. [Click here to access the toolkit.](#)

Additional resource

Our website has a library of mental health resources including:

- [Get Set to Go programme evaluation \(2014-2017\)](#)
- [Delivering a sport and physical activity service: A toolkit for mental health providers](#)
- [CARE - promoting good mental health through coaching](#)
- [Understanding mental health problems](#)
- [Types of mental health problems](#)
- [Mental Health A-Z](#)

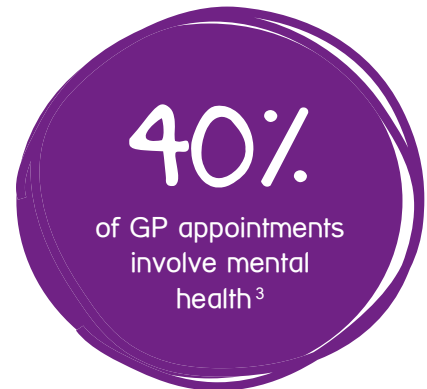
1 in 6

people report experiencing at least one common mental health problem (such as stress, anxiety or depression) in any given week²

Other support services

Monthly physical activity and mental health newsletter

Includes updates on Mind's work, good practice and learning from the sector and opportunities to get involved. Email sport@mind.org.uk to sign up to the newsletter.



Regional Networks

We have established Regional Networks across England, which bring together sport, physical activity and mental health organisations to collaborate, network, share good practice and promote relevant support services.

[Click here to find out more.](#)

Physical Activity & Mental Health Webinar Series

The webinar series aims to upskill the sector to better support and engage people experiencing mental health problems in being active. It will include mental health training, workplace wellbeing, volunteering and more.

[Click here to find out more.](#)

Good practice

Good practice examples can be found on the [Mental Health Charter for Sport and Recreation's case studies webpage](#) and [Sport England's mental health webpage](#).



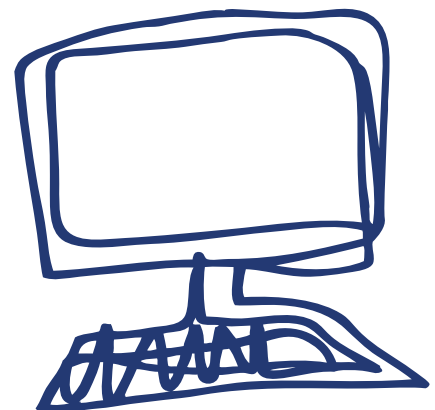
Local Minds

Over 120 local Minds deliver mental health services across England and Wales.

[Click here](#) to find out about the different services and support they offer.

Additional support

- Infoline: call 0300 123 3393 or text 86463 for mental health advice
- Elefriends: online peer support community on Mind's website



Workplace Wellbeing

1 in 6 British workers are affected by mental health problems each year and poor mental health costs employers between £33 and £43 billion a year (to put that in context, the sport sector contributes £39 billion to the British economy each year)

To help organisations with supporting their employee's mental health at work, we have developed a variety of services including:

- **Thriving at Work: A guide to implementing workplace standards in the sport and physical activity sector**
- **Mental health at work training**
- **Wellness Action Plans** - easy, practical way of helping to support your own and others' mental health at work)
- **Workplace Wellbeing Index** - benchmark of best policy and practice. Helps organisations to find out what they are doing well and where they could improve their approach to mental health in the workplace)



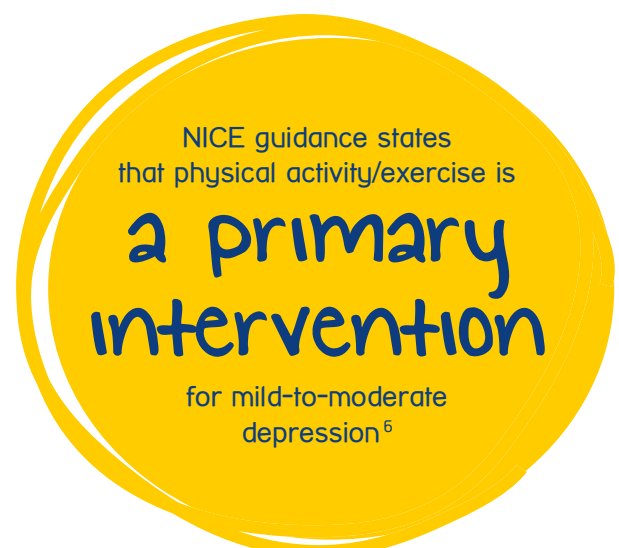
External support services

In addition to Mind's support services, you may also find the following useful:

- **Mental Health Charter for Sport and Recreation** - sets out how to adopt good mental health practice to make activities inclusive and open to everyone.
- **Time to Change** - working to change the way we all think and act about mental health problems. Time to Change provide resources, template posters and case studies.

Other organisations that provide mental health support include:

- CALM
- Mental Health Foundation
- NHS England Mental Health
- One You/Every Mind Matters
- PAPYRUS
- Rethink Mental Illness
- Samaritans
- Sane
- The Mix
- Young Minds.



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 #GetSetToGo

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¹ NHS Digital, Mental Health & Wellbeing in England, Adult Psychiatric Morbidity Survey 2007

² NHS Digital, Mental Health & Wellbeing in England, Adult Psychiatric Morbidity Survey 2014

³ Mind GP Survey (2018)

⁴ Department of Health (2011), Start Active, Stay Active.

⁵ Penedo, F.J. & Dahn, J.R. (2005). Exercise and well-being: a review of mental and physical health benefits associated with physical activity

⁶ National Institute for Health and Care Excellence, Depression in adults: recognition and management 2018

⁷ CIPD in partnership with Simply Health, Absence Management Annual Survey Report 2012

⁸ Deloitte, Mental Health and Employers: Supporting the Case for Investment (2017)

