

# #RunAndTalk

## Handbook

(Mental Health Champions)

## Visible Support for Invisible Challenges

Congratulations on being appointed as a Mental Health Champion by your club or RunTogether group! The aim of this handbook is to support all Mental Health Champions with:

- ◆ an introduction and overview of the **#RunAndTalk** programme
- ◆ information about mental health
- ◆ guidance on the role of a Mental Health Champion and how to take on the challenge!
- ◆ information on training and support available
- ◆ details of what to do if someone needs help with their mental health

There's lots of information here so if you're not sure how to get started see our **Mental Health Champion Quick Start Guide**.



RunTogether

With

DW Fitness First



# 1. An Introduction to #RunAndTalk

We're often told that physical activity is good for our bodies and our minds, but we also understand that having a mental health problem can make it difficult to get started for a number of reasons ranging from negative body image, lack of self-esteem to practical reason such as having no one to go with and not knowing where to get started.

**#RunAndTalk** is an **England Athletics** initiative supported by **Mind**, the mental health charity, which aims to improve mental health through running in England by:

- ◆ getting people talking about mental health, sharing their experiences and removing stigma
- ◆ providing support and guidance to raise awareness of mental health problems
- ◆ supporting people experiencing mental health problems to be physically active through running, whether that is to support them in starting, returning to or continuing to run

The program has four main areas:



## 1. Mental Health Champions and Ambassadors

A network of volunteers in England Athletics affiliated clubs and **RunTogether** groups promoting mental wellbeing through running and supporting the aims of **#RunAndTalk**.

## 2. Mental Health Charter

An organisation wide action plan for mental health. England Athletics was one of the first signatories of the **Mental Health Charter** and we have also signed the **Time to Change Pledge**.

## 3. Partnerships

A partnership with Mind, the mental health charity which provides expertise around mental health.

## 4. Campaigns (currently two)

Twice a year during a one-week period linked to **Time to Talk Day** (January/February) and **World Mental Health Day** (October) our digital campaign **#RunAndTalk** encourages people to run one mile or further and to have a chat with friends, family, colleagues or other runners whilst doing it. This can be done at a time and location of their choice or by joining one of the organised runs at an England Athletics affiliated club or RunTogether group.



#RunAndTalk is managed and coordinated by the England Athletics Inclusion Manager and supported by a steering group which consists of:

- ◆ England Athletics Inclusion Manager
- ◆ England Athletics Athlete & Club Compliance & Wellbeing Manager
- ◆ England Athletics Club Support Manager
- ◆ Mind Community Programmes Manager (Sport)
- ◆ Five Mental Health Champions/Ambassadors
- ◆ England Athletics Youth Panel member



RunTogether

With



## 2. Mental Health

**Definition of Mental Health**

Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Everyone moves up and down the continuum to varying degrees

Positive mental health

Mental illness

We all have mental health, some of us have mental health problems

© Mind Source: World Health Organisation (2014)

**Good mental health isn't just the absence of mental health problems. Individuals with good mental health:**

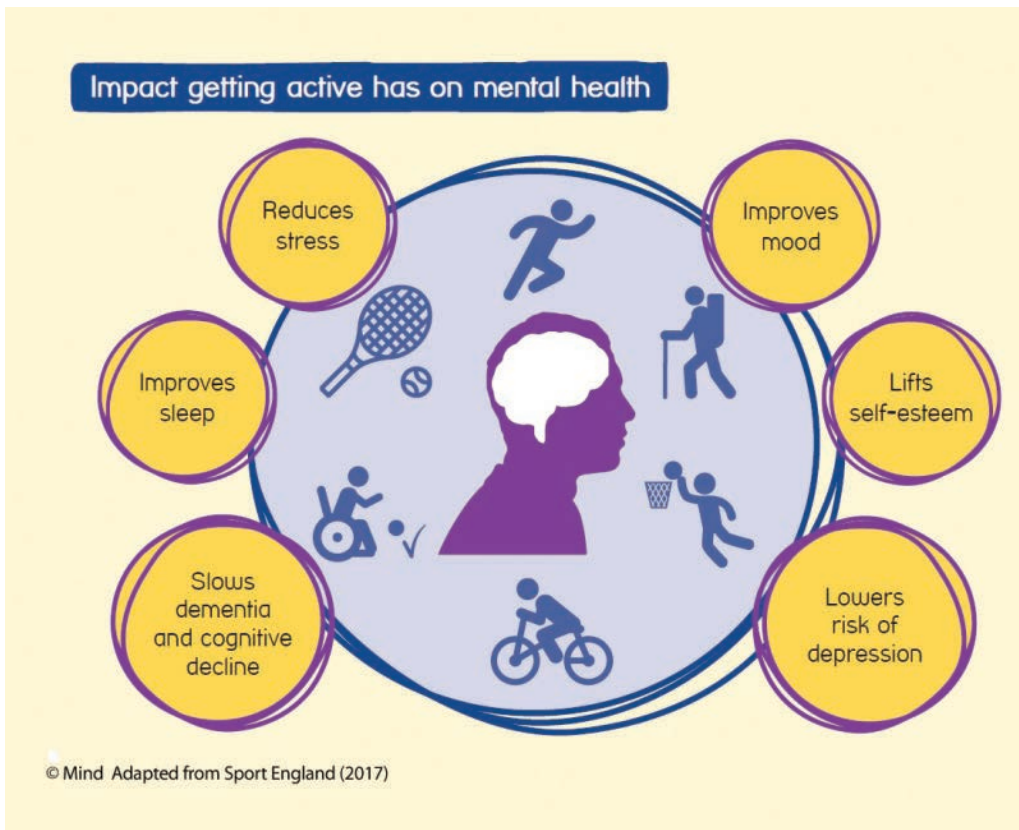
- ◆ develop emotionally, creatively, intellectually and spiritually
- ◆ initiate, develop and sustain mutually satisfying personal relationships
- ◆ face problems, resolve them and learn from them
- ◆ are confident and assertive
- ◆ are aware of others and empathise with them
- ◆ use and enjoy solitude
- ◆ play and have fun
- ◆ laugh, both at themselves and at the world

Mental health problems can affect the way you think, feel and behave. They affect around one in four people in Britain, and range from common mental health problems, such as depression and anxiety, to rarer problems such as schizophrenia and bipolar disorder. A mental health problem can feel just as bad, or worse, as any other physical illness – only you cannot see it.

- ◆ Mental illness is the single largest cause of disability in the UK and accounts for one third of all illnesses. It is also the largest cost to the NHS at £10.4 billion (10.8% of the NHS budget).

- ◆ Mental health conditions do not discriminate – they affect people of all ages, genders, sexualities and ethnic groups. They do not care if you are rich, poor, successful, married or single– they really can affect any one of us.
- ◆ Only 16% of people with mental health conditions take part in sport or physical activity on a regular basis (once a week) compared to 35.7% of non-disabled people. (*Active People Survey 7*)

Physical activity and sport have a wide range of health benefits – for your mind as well as your body. Mental health benefits include:



RunTogether

With



### 3. Mental Health Champions & Ambassadors

As part of the #RunAndTalk programme we aim to establish a network of volunteers across affiliated clubs and RunTogether groups in England to:

- ◆ promote mental wellbeing through running by supporting the aims of **#RunAndTalk**
- ◆ work with their club/group to support its members to improve their mental health through running.
- ◆ Support new people who are experiencing mental health problems to start running, get back into running, or continue running.

There are two volunteer support roles: **Mental Health Champions** and **Mental Health Ambassadors**. There is no hierarchy to the roles but each has a different remit and require different levels of qualifications.

## Mental Health Champions will:

- ◆ Be nominated and appointed by an England Athletics affiliated club or RunTogether group.
- ◆ Have lived experience of a mental health problem, either personally or from a close relative or friend.
- ◆ Have an open and non-judgmental attitude.
- ◆ Adopt a positive, patient and supportive approach towards supporting people with mental health problems.
- ◆ Be a positive role model.
- ◆ Behave in a professional, confidential and non-discriminatory manner at all times and promote equal opportunities for all.

## Along with any other Mental Health Champions from the club/group they will:

- ◆ Support **#RunAndTalk** campaigns and register an organised run for each event.
- ◆ Provide crisis contacts to their club/group.
- ◆ Be a point of contact for anyone experiencing mental health problems to join the club/group.
- ◆ Encourage and promote conversations about mental health.
- ◆ Make links with mental health organisations in the community.
- ◆ Actively promote mental wellbeing and running.

Please note any Mental Health Champions supporting anyone under the age of 18 should be DBS checked, contact [disability@englandathletics](mailto:disability@englandathletics) if you need one.

## Mental Health Ambassadors will:

- ◆ Be an England Athletics Mental Health Champion.
- ◆ Hold a Mental Health First Aid Training qualification (two days or equivalent).
- ◆ Have professional experience of working in mental health settings in the community (e.g. in a mental health charity) or the NHS in a practitioner role this could include in support roles, therapist, mental health nurse or another relevant clinical role.

## They will:

- ◆ Undertake the activities within the role of the Champion
- ◆ Provide an advisory role to England Athletics regarding **#RunAndTalk**
- ◆ Provide support to other Champions (Champions will be assigned to a specific Ambassador for support/guidance)
- ◆ Be a point of contact for Champions and provide advice and guidance regarding any concerns

Neither role will act as a practitioner for providing mental health support but will be provided with information and guidance on how to help someone access support.

Our aim is to one day have a Mental Health Champion in every England Athletics affiliated club and RunTogether group in England so that people experiencing mental health problems can access the benefits of running in a supported way.



## What a Mental Health Champion will do

We ask Mental Health Champions to consider doing some or all of the following but how much time and exactly which parts you do is up to you and the club/group you represent. Mental Health Champions should make sure that their Club Committee or Run Group Leader have agreed to all activity relating to the role and are regularly updated on what you are doing.

**The role of the Mental Health Champion includes:**

### 1. Support

Work with other people in your club or group (such as committee members or your group leader) to proactively support the mental wellbeing of club/group members. We recommend you do this by:

- ◆ Creating an action plan that outlines what you will do. Try using the action plan template we've provided to get started.
- ◆ Add information on your website about what you are doing along with information about services that can offer support for those of us experiencing mental health problems.

### 2. Engage

Make links between your club/group with local mental health groups and organisations and encourage their members to start running. You could do this by:

- ◆ Organising a specific event or open evening, for example a **#RunAndTalk** organised run as part of one of our national campaigns.
- ◆ Making contact with local mental health services/organisations and telling them about your running club/group. The Hub of Hope lists Mental Health organisations in your area – <https://hubofhope.co.uk/>
- ◆ If you are planning to fundraise for a mental health service as part of your running event, please contact the charity you are fundraising for. If this is Mind or a local Mind, please visit [www.mind.org.uk/fundraising](http://www.mind.org.uk/fundraising) for contact details.

Also consider:

- ◆ Mind – [www.mind.org.uk/information-support/local-minds/](http://www.mind.org.uk/information-support/local-minds/)
- ◆ IAPT (Improving Access to Psychological Therapies) – <https://www.nhs.uk/Service-Search/Psychological%20therapies%20%28IAPT%29/LocationSearch/10008>
- ◆ Samaritans
- ◆ Rethink
- ◆ Homeless charities
- ◆ Mindfulness practitioners
- ◆ Holistic therapies
- ◆ Mental health community teams
- ◆ Mental health inpatient (wards and hospitals)
- ◆ Private mental health providers
- ◆ CAMHS (Children and Adolescent Mental Health Services)
- ◆ GP's
- ◆ Nurses
- ◆ Pharmacies
- ◆ Housing associations
- ◆ Making contact with your local County Sport Partnership to see if they have any links to mental health groups locally: [www.cspnetwork.org](http://www.cspnetwork.org)



### 3. Tweet

If you're on Twitter then post using **#RunAndTalk** particularly during the campaigns.

### 4. Share

Share social media posts from England Athletics, RunTogether, Mind and other Mental Health Champions using **#RunAndTalk**.

### 5. Talk

- ◆ Start conversations about mental health with other club or group members.
- ◆ Share good news stories in your newsletters or website to get people talking.
- ◆ Encourage people to sign up to Elefriends to receive support from others online and join our Get Active discussions. Elefriends is open to everyone aged 18+ that struggles with their mental health. If you feel it is appropriate, sign up and share your experiences of how running supports your mental health and details of local sessions or events. Please see the note about commercial advertising. See further information in *Section 5* about Mental Health Support Services.

Visit [www.time-to-change.org.uk/about-mental-health/tips-starting-conversation](http://www.time-to-change.org.uk/about-mental-health/tips-starting-conversation) for guidance about starting a conversation about mental health.

See the **#RunAndTalk** Mental Health Champion FAQ for more information.

### 6. Advocate

Share guidance and information provided by England Athletics with elected club/group officials and others about mental health issues related to running.

- ◆ Share relevant guidance documents with leaders, coaches and other volunteers (see *Section 4* about support and guidance)

### 7. Volunteer

Get involved and actively participate in wider volunteer opportunities to support people experiencing mental health problems to start running.

#### Become a volunteer with Mind:

**Get Set to Go** is a national programme funded by Sport England and the National Lottery that aims to get 75,000 people with mental health problems physically active in their local community. The programme is delivered through eight local Minds presently, this will grow in 2017 to another 32 areas of the country. Local Mind's recruit, train and support Peer Sports Navigators, volunteers with either personal experience of mental health problems or experience of supporting close friends or family members to support those of us with mental health problems to access activities on either 1:1 or small group basis.

To find out which local Minds are involved and to contact the local Mind directly visit [www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/get-set-to-go/](http://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/get-set-to-go/)

Mind has a network of over 140 local Minds across England and Wales, many offer sports and physical activity programmes and all recruit and train volunteers to support services. If you are interested in finding out more about your local Mind visit [www.mind.org.uk/information-support/local-minds/](http://www.mind.org.uk/information-support/local-minds/)



## What Mental Health Ambassador will do

Mental Health Champions who work in the mental health sector and have specific training and qualifications in this area can apply to become a Mental Health Ambassador. In this role they will do the same role as a Mental Health Champion but also provide support to a number of Mental Health Champions who may be from outside of their club or group. This means that every Mental Health Champion who wants to has someone they can turn to with expertise in mental health.

Mental Health Ambassadors will also be asked to provide wider support to the **#RunAndTalk** programme and England Athletics through guidance and advice.

## What a Mental Health Champion/Ambassador won't do

**#RunAndTalk** is about getting more people running and benefiting from the physical, social and mental wellbeing benefits that come from running. **Mental Health Champions and Ambassadors are not able to provide individual or emergency support for people experiencing mental health problems or in crisis within their role.** There are lots of people who can though and it's important that Mental Health Champions and Ambassadors know who they are and how to access them, they are listed in *Section 5* of this resource about Mental Health support services.

Even if you are trained to support people directly with their mental health (for example through your job) think carefully before you do this outside of the role for which you are trained. If your club/group has set up sessions which include professional support as part of it then that's ok but otherwise leave it to the experts!

We also recommend that all clubs/groups on the **#RunAndTalk** programme have an appointed Mental Health First Aider with the appropriate qualifications and training (as we would for physical first aid). We recommend the two-day Mental Health First Aid course – <https://mhfaengland.org/> – or someone already in the club who is otherwise trained as a practitioner such as a Clinical Psychologist or Mental Health Nurse. We understand mental health first aid training can be expensive and we are looking into trying to source funding to support clubs and groups to access training as part of **#RunAndTalk** but unfortunately, we are not able to do this at the moment. If you have an appointed Mental Health First Aider(s) make sure you know who they are and what to do if you need them during a run should someone need support.

Similarly unless you are a qualified to do so Mental Health Champions and Ambassadors won't provide leadership or coaching advice. They should work with the UKA qualified leaders and coaches at their club or group to help people to run safely and meet their goals.

Remember that sometimes supporting a runner to stop running for a while or to take a step back from it a bit could also be the best and healthiest option.

See the **#RunAndTalk** *Mental Health Champion FAQ* for more information about setting boundaries and breaking confidentiality.

## How we will measure success

We will monitor and evaluate **#RunAndTalk** by using surveys to:

- ◆ Ask Mental Health Champions to provide feedback about what they have done in their club/group, their experiences of supporting people with mental health problems and how the programme can be improved.



RunTogether

With





- ◆ Ask people experiencing mental health problems that are supported by a Mental Health Champion to tell us about their progress in running and how it may have impacted on their mental, physical and social wellbeing.

From time to time we may also ask some Mental Health Champions and participants to be involved in case studies and news stories to help spread the great work you are doing. We'll regularly review the programme to make sure it is having an impact and, after consulting with you, we'll make changes if we need to.

## 4. Support and guidance

England Athletics values the work of all Mental Health Champions and we want to make sure that you have the training, support and guidance that you need. Here's some resources, workshops and websites that you can access but if you need any other support you can contact [disability@englandathletics.org](mailto:disability@englandathletics.org) at any time.

### Useful guidance documents:

- ◆ England Athletics' *Athletics and Mental Health* resource  
[www.englandathletics.org/disability-athletics/resources](http://www.englandathletics.org/disability-athletics/resources)
- ◆ Mind's *Physical Activity Sport and Mental Health* booklet  
[www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-sport-and-exercise/](http://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-sport-and-exercise/)

### Training opportunities:

Below are some optional training opportunities that provide useful information for Mental Health Champions.

#### **EduCare Mental Wellbeing in Sport** *(free to Mental Health Champions)*

An introductory e-learning module on mental wellbeing in sport. This is free to all appointed Mental Health Champions (contact [disability@englandathletics.org](mailto:disability@englandathletics.org) for a free voucher code).

#### **Time to Change elearning** *(free)*

We are grateful to our friends at Time to Change who have given all Mental Health Champions access to their online training modules for their Time to Change champions. We'd like it if all Mental Health Champions completed modules 4 and 6 but you can access all of them if you like!

[www.time-to-change.org.uk/champions/e-learning](http://www.time-to-change.org.uk/champions/e-learning)

#### **Suicide prevention training** *(free)*

20 minute online training provided by the Zero Suicide Alliance to teach you how to recognise the warning signs and safeguard someone that could be contemplating suicide.

[www.zerosuicidealliance.com/](http://www.zerosuicidealliance.com/)

#### **Mind Sport and Physical Activity and Mental Health workshop**

*(at club/group's own expense)*

Mental Health Awareness in Sport and Physical Activity (MHASPA) is a three-hour workshop designed to give you the practical tools to help you better support those of us with mental health problems to be more active. Training is available through the local Mind network, to find out your nearest provider visit [www.mind.org.uk/sport](http://www.mind.org.uk/sport).



**Mental Health First Aid (at club/group's own expense)**

Mental Health First Aid is an educational course which teaches people how to identify, understand and help a person who may be developing a mental health issue. In the same way as we learn physical first aid, Mental Health First Aid teaches you how to recognise those crucial warning signs of mental ill health.

<http://mhfaengland.org/>

**#RunAndTalk network:**

We want to make sure that Mental Health Champions can share their experiences with other Champions to help with ideas, overcome challenges and share successes. To do this we will:

- ◆ Invite you to a closed **#RunAndTalk** Facebook group to share ideas, celebrate success and provide support to each other. You will receive an invite to join the group, please refer to the *Group Information* document in the Dropbox folder.
- ◆ Provide access to the **#RunAndTalk** Mental Health Champion shared folder with further information and guidance and places to share documents.

**Remember to look after yourself and each other!**

It is important that you look after your own mental health whilst taking on the role of Mental Health Champion. We recommend each club/group has at least two Mental Health Champions to help share the load and enable you to take a break if needed. Mind provide some useful guidance about self care:

[www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/self-care](http://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/self-care)

See the **#RunAndTalk** Mental Health Champion FAQ for more information.

**5. Mental health help and support services**

If you, or anyone in your club or group, are experiencing mental health problems or need support, there are lots of places you can go to for help:

**Samaritans**

Telephone: **116 123** (24 hours a day, free to call)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: [www.samaritans.org](http://www.samaritans.org)

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

**Mind Infoline**

Telephone: **0300 123 3393** (9am-5pm Monday to Friday)

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Web site: [www.mind.org.uk/help/advice\\_lines](http://www.mind.org.uk/help/advice_lines)

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local services.



RunTogether

With

DW Fitness First

### **Rethink Mental Illness Advice Line**

Telephone: **0300 5000 927** (10am-2pm Monday to Friday)

Email: [info@rethink.org](mailto:info@rethink.org)

Website: [www.rethink.org/about-us/our-mental-health-advice](http://www.rethink.org/about-us/our-mental-health-advice)

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England and Northern Ireland.

### **Saneline**

Telephone: **0845 767 8000** (6pm-11pm)

Website: [www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

### **ChildLine**

Telephone: **0800 1111**

Email: [www.childline.org.uk/Talk/Pages/Email.aspx](http://www.childline.org.uk/Talk/Pages/Email.aspx)

Website: [www.childline.org.uk](http://www.childline.org.uk)

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

### **Elefriends**

Website: <http://elefriends.org.uk/>

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard. Our "Being active" theme helps community members easily share and find content about being active, to motivate, inspire and support each other. To sign up you need an email address, username and to input your date of birth.

The Elephant in the room started out as a Facebook profile encouraging people to be open about their mental health. It quickly grew into a safe space to talk, get and give support. But as we grew we realised that Facebook wasn't the right place for us. So in 2012 a group of the Elefriends came together online and offline to design the new space.

Elefriends is moderated daily by the Ele handler team from 10am-midnight.

Elefriends is for personal use, it is acceptable to post content containing personal endorsement of products and services that may be of benefit to others. However content must not contain commercial advertising, and unsolicited messages for the purpose of advertising a product or service will be removed. Content advertising items, whether for sale or donation, are not permitted on this Site. This includes offers of second-hand equipment or books

### **What should I do if I'm supporting someone in a crisis?**

If the person seems really unwell, and you are worried about their safety, you should encourage them to seek help from their GP or their Community Mental Health team if they are already referred to them, or in an emergency situation use A&E or dial 999.

