

Section four

Support for you and your mental health champions

Available training

There are a number of training options available to champions to increase their confidence, skills and knowledge in order to fulfil their role. These include:

- **Mental Health Awareness for Sport and Physical Activity eLearning**
This is a good starting point for champions working and volunteering in the sport and physical activity sector. [The course](#) takes 2 to 3 hours to complete and is aimed at anyone who delivers or supports sport and physical activities.
- **Mind's mental health training**
[Mind](#) offers a wide range of training, advice and support for people and organisations looking to promote mental health awareness and challenge stigma.
- **Time to Change's free champions eLearning training**
To support their champions to promote conversations and activities to tackle mental health stigma, [Time to Change](#) have created eight e-learning modules, each of which takes approximately 15 minutes to complete.

Mental Health Charter for Sport and Recreation

The [Mental Health Charter](#) provides a useful starting point for organisations, clubs and groups looking to embed positive action on mental health within their workforce and activities. Signatories are required to commit to three pledges that will help to break down the stigma associated with mental health in sport and physical activity.

Your mental health champion may like to implement an action plan to help your organisation, club or group deliver your charter pledges. It's important that you develop a workforce-wide commitment to positive mental health.

Sport, Physical Activity and Mental Health Regional Networks

A great way to establish a champions scheme is to talk to organisations, clubs or groups that have already done it.

Mind has created [regional networks](#) throughout England to unite organisations from across the sport, physical activity and mental health sectors. Their aim is to increase the number of groups that are equipped with the skills to support and engage people with mental health problems in physical activity.

Mind's Physical Activity and Mental Health Newsletter

Mind publishes a monthly newsletter that includes updates on our work, shares good practice from across the sector and opportunities to get involved in.

You can sign up to the newsletter by emailing sport@mind.org.uk.

Thriving at Work

Thriving at Work – a guide to implementing workplace standards in the sport and physical activity sector – is an independent review that outlines what employers can do to better support all employees, including those with mental health problems, to remain in and thrive through work.

Mind has collaborated with the Department for Digital, Culture, Media and Sport (DCMS), the Sport and Recreation Alliance, and Sport England to help employers across the sport and physical activity sector to understand and implement the Thriving at Work standards.

The guide contains examples of what employers are doing, plus practical tools to help you achieve the standards in your own workplace.

Your mental health champions could help you to implement the Thriving at Work standards in your organisation.

Local Mind Network

Local Minds are independent charities that support over 400,000 people locally across England and Wales. Building a relationship with your local Mind could help to connect your club or group with people experiencing mental health problems.

Local Mind charities have the potential to be an invaluable source of local knowledge and expertise to support your champions scheme.

Get Set to Go Programme

Get Set to Go helps people find the physical activity that's right for them so that they can enjoy the physical, social and mental benefits of being active. The programme is delivered by local Minds across England and Wales that are committed to helping people with mental health problems to get active.

We are Undefeatable

Mind is part of the national We are Undefeatable campaign alongside 14 other leading health and social care charities and Sport England. Its aim is to inspire and support people with long-term health conditions to be active.

Your community mental health champion(s) could use the campaign to recruit new participants to your club or group through a partnership with your local Mind.

The [website](#) shares case studies, stories, tips and ideas on getting active for better mental health.

Developing your own expert group

In addition to existing training and support, you may want to consider recruiting a professional expert panel on a paid or voluntary basis.

For example:

- UK Sport and EIS have recruited an expert panel of psychologists and psychiatrists who help to shape their work and support individual or complex cases.
- England Athletics has recruited a group of mental health ambassadors from within their own sport who provide professional expertise to mentor their mental health champions and advise England Athletics on wider developments.
- Mind provides reflective practice sessions to staff via a counsellor.

You could create a formal role or invite professionals to sit on your steering or advisory group. Here are some examples of who you might want to recruit for your panel:

- mental health professionals from the charity or statutory sector
- experts by experience – people with lived experience of mental health problems
- counsellors or therapists
- mental health nurses
- psychologists
- psychiatrists