

# Glossary

---

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



---

# Glossary

**Delusions** – Strongly held beliefs that other people don't share. For example, a person experiencing delusions may think that they are being watched or controlled or that they are very powerful and able to influence things that are actually outside their control.

**Hallucinations** – things that someone experiences that others don't, such as hearing voices or seeing colours, shapes and people that others can't. Hallucinations can affect all five senses so it is possible to experience them through taste, smell or touch.

**Long standing limiting disability or illness** – Impairments or health problems that limit or restrict activities in any way, in different areas of life. Where a limiting disability or illness is referred to it should always be considered long standing.

**Psychiatrist** – A psychiatrist is a qualified medical doctor who has taken further training and specialised in the treatment of mental health problems. They study diagnosis, management and wellbeing/resilience. They tend to focus on mainly physical treatments, such as drug therapy and electroconvulsive therapy (ECT), but they can also supervise a combination of treatments, such as drug therapy with psychotherapy or counselling.

**Psychologist** – A psychologist studies human behaviour and mental processes, and considers the thoughts, feelings and motivations behind our actions. They provide talking treatments, such as cognitive behaviour therapy (CBT) and psychotherapy. They may also offer individual, group, couple or family therapy. More information about talking treatments can be found on [Mind's website](#).

**Psychosis** – Occurs when a person perceives or interprets reality in a very different way from people around you. The most common types of psychosis are delusions and hallucinations.

**Resilience** – The capacity to stay mentally well during difficult times in our lives. Resilience is not simply a person's ability to 'bounce back', but their capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing.

**Regulated arts therapies** – all have recognised professional bodies which provide regulation and codes of practice for their members.

**Social isolation** – A state of complete or near-complete lack of contact between an individual and society. It differs from loneliness, which reflects a temporary lack of contact with other humans.