

## Training: Mental health awareness for sport and physical activity

Our three-hour workshop, developed with support from sports coach UK, is designed for coaches, sport administrators, volunteers and front of house staff.

We've listened to people living with mental health problems and people working in the sport and physical activity sector to create a practical workshop that will:

- Give you 3 CPD points.
- Help you understand common misconceptions about mental health and how stigma and discrimination impacts on people with mental health problems.
- Help you appreciate the barriers that stop people with mental health problems getting active.
- Enable you to talk confidently about mental health and know where to signpost people who need support.
- Identify practical actions you can take to make your service more inclusive and accessible for everyone.

### Details

- Our local Minds can deliver the training for staff in-house at the location of your choice – or as an open workshop for individuals at locations across England and Wales.
- Up to 20 delegates can attend each workshop.

### Mind

We're Mind, your expert mental health partner, supporting people to live well in their communities and at work.



**Contact us**  
To find out more and  
book a course visit:  
[mind.org.uk/sport](https://mind.org.uk/sport)