

# Mental Health in Sport and Physical Activity

The journey we have been on as a sector



#Sport+Minds



SPORT+  
RECREATION  
ALLIANCE



# Pre-2014 & 2015

2008

## Rugby Players Association (RPA)

RPA began working with Cognacity (then known as LPP Consulting) offering a confidential counselling service to members to support them with a range of issues. 300+ player referrals have been made to the service since 2008.

2011

## Professional Footballers Association (PFA)

Launched its Player Welfare Department providing private and confidential emotional support to its former and current members.

2012

## Rugby Players Association (RPA)

In conjunction with Cognacity, the RPA delivered a mental health education programme to all their Members, working with former player Duncan Bell, who talks about his battle with depression.

2012

## Professional Footballers Association (PFA)

Launched its nationwide network of counsellors/therapists.

2013

## Professional Footballers Association (PFA)

Launched its 24hr telephone counselling helpline.

March 2014

## Professional Footballers Association (PFA) Scotland

Launched a film, in partnership with SAMH (Scottish Association for Mental Health) and SeeMe, to raise awareness of, and reduce the stigma attached to, the subject of mental health problems in football, and across wider society.

PFA Scotland have also: launched a support app and 24/7 support service, rolled out an education programme to all professional clubs and partnered with Breathing Space (NHS Scotland) to raise awareness of mental health problems among supporters.

April 2014

## Active Oxfordshire

*Active Body, Healthy Mind* supports organisations across Oxfordshire to provide sport and physical activity sessions that are inclusive and accessible to people experiencing mental health problems.

August 2014

## Mind

*Performance Matters: Mental Health in Elite Sport* report is published. It explores how organisations currently respond to, manage and prevent mental ill health amongst athletes. It called on professional clubs, governing bodies and community organisations to forge closer working relationships as part of a pan-sport mental health network.

2015

## Professional Jockeys Association (PJA)

Introduced a mental health support network to educate and support jockeys' mental health including a 24-hour helpline. PJA have also: launched *JockeyMatters* film, created films and resources to support jockeys with improving their resilience, expanded support to retired jockeys, introduced regular mental health 'check ups' and developed a peer support programme to help prevent mental health issues.

March 2015

## Mental Health Charter for Sport and Recreation

Sport and Recreation Alliance, the Professional Players Federation and Mind launched the *Mental Health Charter for Sport and Recreation*. The vision of the Charter is to embed mental health within sport and recreation to create a culture shift that removes the stigma around mental health.

July 2015

## Mind

Launched *Get Set to Go* in eight local Minds across England. The programme, funded by Sport England, aims to help people with mental health problems to find the physical activity that's right for them so that they enjoy the physical, social and mental benefits of being active.

2015

## Mental Health Charter for Sport and Recreation

To celebrate 200 signatories of the Charter in just six months, 130+ people attended an event looking at good practice, successes from the sector and inspirational speeches on people's own personal experiences.

December 2015

## DCMS and Sport England

DCMS launched *Sporting Future: A New Strategy for an Active Nation* and in May 2016 Sport England publish *Towards an Active Nation*. For the first time ever mental wellbeing is listed as one of five key outcomes highlighting the positive impact physical activity can have on mental health.

December 2015

## DCMS

A joint All-Party Parliamentary Group (APPG) for sport and mental health was hosted focusing on the Mental Health Charter and *Get Set to Go*. Several APPGs for sport and mental health have been hosted since as well as a roundtable with DCMS and the Minister for Sport and Civil Society to review mental health provision in sport.

# 2016 & 2017

2016

## Mind, Sport England and UK Coaching

*Mental Health Awareness for Sport and Physical Activity* training is launched. The training, codesigned by the sector and people with lived experience of mental health problems, aims to upskill the sport and physical activity workforce on mental health.

2016

## The FA and Mind

Launched *#TimeToTalk* encouraging the football community to talk about mental health. Films, resources and discussion based events were developed to support grassroots football clubs.

2016

## Mind and Mental Health Charter for Sport and Recreation

*Get Set to Go* and the *Mental Health Charter for Sport and Recreation* held nine regional events to upskill the sport, physical activity and mental health sectors and to share learning.

March 2016

## Mental Health Charter for Sport and Recreation

To celebrate the Charter's first anniversary, a reception was hosted at Parliament with MPs asked to be Charter Champions.

October 2016

## England Athletics

*#RunAndTalk* is launched to improve mental wellbeing through running and to break down the stigma around mental health by getting people talking about it. The campaign, supported by Mind, also creates a volunteer network of Mental Health Champions.

To date, 33,000+ people have taken part in *#RunAndTalk* and 950 people have become Mental Health Champions.

2017

## Professional Footballers Association (PFA)

The first *Mental Health and Emotional Wellbeing Conference* is hosted (now an annual event). The events look at the link between the physical and emotional wellbeing of professional players.

In addition, *Player Welfare – Mental Health & Wellbeing Educational Workshops* are introduced and delivered to all league clubs.

February 2017

## Rugby Players Association (RPA)

#LiftTheWeight campaign is launched. It aims to help remove the stigma surrounding mental health problems and offer the necessary tools and support to enable RPA members to enjoy a healthy and fulfilling life, both on the field and off it.

RPA have also: created a Player Welfare Education Strategy, established a Wellbeing and Resilience training programme and rolled out Mental Health First Aid training to England squads and Premiership clubs.

March 2017

## Mental Health Charter for Sport and Recreation

To celebrate the Charter's second anniversary, an event was held and included networking, showcasing good practice and speeches from sports stars with lived experience of mental health problems.

April 2017

## Baroness Grey-Thompson

The government published Baroness Grey-Thompson's report into the Duty of Care in sport. The report identifies seven recommendations to creating safer and more effective coaching in the UK, with a chapter dedicated to mental welfare.

July 2017

## England Athletics

*17MinutesForMe* is launched in advance of the London 2017 Para and World Athletics. It aimed to support people across the UK to engage in 17 minutes of activity three times a week, to aid both physical and mental wellbeing. Over 10,000 people took part.

September 2017

## Mind and ukactive

The first *#MindfulMonday* campaign is delivered as part of the European Week of Sport. The day focuses on the benefits of physical activity on mental health. In the last three years 2,196 people have participated in *#MindfulMonday* activities.

July 2017

## Mind and Loughborough University

A report is released highlighting the findings from the evaluation of Mind's *Get Set to Go* programme. In total, 3,585 people with mental health problems took part in specially designed physical activity projects. They exercised on average an extra 1.3 days each week. The report includes recommendations for organisations wanting to support people with mental health problems to become more active.

# 2018

2018

## Swim England

To improve workplace wellbeing, staff Wellness Action Plans (WAPs) and Managing Mental Health at Work training for line managers are delivered.

To support the wider swimming workforce, Mind and Swim England delivered Mental Health Awareness webinars for Swim Teachers and produced mental health guidance.

March 2018

## Exercise Professionals for Mental Health (EPMH)

The EPMH Network was founded with the aim to support people in mental health settings through exercise and physical activity. The Network has hosted several events to date and been invited to lead the physical activity workstream in the new NHS England Guidelines to 'achieve a healthy weight in secure services'.

March 2018

## DCMS

*Mental Health and Elite Sport Action Plan* is published. It was developed with mental health and sport organisations with the aim to improve mental health support for elite and professional athletes.

April 2018

## England Boxing

*Box in Mind* is developed with the support of Mind. Central to the initiative is the *Box In Mind* workshops which raise awareness of mental health, reduce the stigma associated with mental health, and encourage people to feel able to open up and get help if they are struggling.

May 2018

## Mind and Sport England

Sport England awarded Mind funding to extend Mind's *Get Set to Go* programme as well as grow their support for the sport and physical activity sector.

July 2018

## Mind and English Football League (EFL)

*On Your Side* partnership is launched for the 2018/19 and 2019/20 seasons. It aims to raise awareness of mental health with fans, clubs and staff, raise funds to deliver life-changing support and improve the approach to mental health in the EFL, football and wider society. As part of the partnership, the Mind logo is incorporated into the player's name on the back of all shirts.

September 2018

## Professional Cricketers' Association (PCA)

*You Do Matter* campaign is launched to help prevent male suicide. Posters promoting the PCA's Confidential Helpline were displayed in the changing rooms of all 18 first-class counties.

The following year, the PCA launch Thrive, an NHS approved mental wellbeing app, to provide additional support to players.

October 2018

## EIS and UK Sport

*Mental Health Strategy for the High Performance System* is launched. Its aim is to create a positive mental health environment for everyone in the UK high performance system. A Mental Health team at EIS are created to deliver the Strategy.



# 2019

February 2019

## Mind

*Thriving at Work: a guide to implementing workplace standards in the sport and physical activity sector* is launched. The guide, developed in partnership with DCMS, the Sport and Recreation Alliance and Sport England, helps employers implement the Thriving at Work standards and improve the sector's approach to workplace wellbeing.

January 2019

## ECB

Training offered to help female volunteers become Mental Health First Aiders. To date, 100+ South Asian women have completed a two-day Young Mental Health First Aid Course.

March 2019

## England Athletics

First sport and physical activity organisation to take part in Mind's *Workplace Wellbeing Index* achieving silver.

April 2019

## Edge Hill University and DOCIAsport

*Sport and Physical Activity Workforce Mental Health Survey* findings are released. It is the first nationwide study of mental health in the sport and physical activity workforce.

May 2019

## Mind, Sport England, Ist4Sport and UK Coaching

*Mental Health Awareness for Sport and Physical Activity* eLearning training is launched. It is based on the learning from Get Set to Go and Loughborough University's evaluation and builds on Mind's existing Mental Health Awareness for Sport and Physical Activity training.

May 2019

## England Athletics

#RunAndRevise is introduced to encourage students aged 16-25 to take a break from revision, relieve exam stress and improve their mental wellbeing through running.

June 2019

## Merseyside Sports Foundation and Your Housing Group

Project using multi sports to tackle poor mental health ends. 83% of participants improved their wellbeing and 64% increased their physical activity levels as a result of the project.

June 2019

## Sport in Mind

Won the Queen's Award for Voluntary Service highlighting the work of the charity and the positive impact of sport and physical activity on mental health.

July 2019

## Mind and EFL

*On Your Side* mental health training is launched for all EFL club staff. The training highlights the importance of promoting positive mental health, provides strategies to take care of yourself and others, and promotes positive conversations to increase confidence when speaking about mental health.



August 2019

## The Premier League

A new rule is introduced for the 2019/20 season that states each club should ensure all contracted players take part in a session on mental and emotional wellbeing support and resources, implement a mental and emotional wellbeing action plan and to employ a Player Care lead.

August 2019

## The FA

*Heads Up* campaign is launched. It aims to ensure everyone feels comfortable talking about mental health, in the same way they would about football, and feel able to support their friends and families through difficult times. The FA has subsequently published Mental Health Guides to support Coaches/Managers and Referees.

September 2019

## European Tour Golf

Research is commissioned to assess players' mental health and wellbeing needs. Mental Health First Aid training is delivered to staff, including coaches, managers and referees.

September 2019

## Rugby League Cares and State of Mind

*Offload* is a men's mental fitness and wellbeing project which invites men to come behind the scenes of their home team and find out how players, coaches and referees stay mentally strong as well as physically fit. To date, 2,000+ men have taken part in the *Offload* project.

October 2019

## Badminton England

First NGB to make a bulk purchase of Mind's Mental Health Awareness for Sport and Physical Activity eLearning training. Free access to the eLearning is provided to the badminton workforce to improve their mental health confidence and knowledge.

October 2019

## Public Health England

*Every Mind Matters* campaign is launched. It shows the simple steps people can take to be better prepared for life's ups and downs. Physical activity is one of the fundamental self-care actions included in the campaign.

October 2019

## Movement & The Mind

The British Society of Lifestyle Medicine hosted the first ever *Movement and The Mind* international conference. The event included latest evidence from leaders in the field of physical activity for mental health and brain development.

November 2019

## NSPCC Child Protection in Sport Unit

First Mental Health Conference for NGBs Lead Safeguarding Officers is hosted.

November 2019

## Foundation of Light

Launch of a supporters matchday Hub. *The Hub* is the first of its kind and offers anyone who is going through a difficult time a place to go for support and advice before matchdays.

# 2020 and beyond

January 2020

## Movember, Rugby League Cares and Rugby League World Cup 2021 (RLWC2021)

*Mental Fitness Charter* is launched, the first of its kind for a major international sporting event. The Charter is a commitment that every player, team official, match official, teammate and volunteer will receive mental health training.

March 2020

## Mind and EFL

It is announced that the *On Your Side* partnership will be extended for two more seasons. The aim of the partnership is to increase the visibility and awareness of mental health, and raise vital money to deliver life changing support across the country.

March 2020

## Mental Health Charter for Sport and Recreation

Five year anniversary of the *Mental Health Charter for Sport and Recreation*



# Find out more

Find out more about Mind's support offer for the sport and physical activity sector by visiting [mind.org.uk/sport](https://mind.org.uk/sport).

Find out more about getting active for your mental health by visiting [mind.org.uk/getactive](https://mind.org.uk/getactive).

For any general enquiries, please get in touch with the Physical Activity Team [sport@mind.org.uk](mailto:sport@mind.org.uk).

