

Glossary

This glossary defines some of the key terms used within sport, physical activity and mental health.

See our website for an [A-Z of mental health terms](#), a [children and young people glossary](#) and a [legal glossary](#).

Active Partnerships (formerly County Sports Partnerships or CSP's)	Networks of local agencies committed to working together to increase the number of people taking part in sport and physical activity.
Active rest	Described as taking part in light or easy activity where you're still moving but not at the intensity level you normally move, or doing something different to your usual routine.
Care plan	The name for a plan that explains your mental health problem, what treatment and support you need, and who will provide that support. Care plans might also cover what should happen if you're in a mental health crisis . There are different types of plans, such as a Care Programme Approach (CPA) or Care and Treatment Plan (CTP) . Whatever type of plan you have, you should always be given a copy of it.
Children and adolescent mental health services (CAMHS) or Children and young people's mental health services (CYPMHS)	These are services that support young people with their mental health. They include services such as talking therapies , medication and possibly hospital treatment. See our page on CAMHS for more information.
Clinical Commissioning Group (CCG)	CCGs are groups of GP practices and other healthcare professionals and bodies that are responsible for commissioning most health and care services for patients. They have replaced Primary Care Trusts (PCTs) in England.
Commissioning	The process of looking at health needs in a local area and putting in place services to try and meet those needs. It's about setting priorities and paying providers (like NHS mental health trusts or local voluntary groups) to provide health services for local people.
Community Mental Health Teams (CMHTs)	CMHTs support people with mental health problems living in the community, and also their carers. The team may include: a social worker, a community psychiatric nurse (CPN) , a psychologists , an occupational therapist , a counsellor and a community support worker.

Community Psychiatric Nurse (CPN) or Community Mental Health Nurse (CMHN)	A registered nurse with specialist training who works with people receiving community-based mental health care (care outside of hospital).
Counselling	See talking therapies .
Crisis	A mental health crisis is when a person feels at breaking point and needs urgent help. For example, someone might be feeling extremely anxious and having panic attacks, or self-harming or feeling suicidal.
Crisis plan	The support a person might need if they're experiencing a mental health crisis. It can include information about early warning signs, treatment preferences and childcare arrangements. Referred to as a joint crisis plan (JCP) if developed with mental health professionals.
Crisis services	Services to support someone when they're experiencing a crisis. These include crisis teams, day and residential services as well as hospital services. Find out more on the Mind website .
Early Intervention Teams (EITs)	An early intervention team (EIT) works with anyone who is experiencing psychosis for the first time or is at significant risk of doing so.
Forensic or secure mental health service	Specialist services providing treatment for adults with mental health problems who are at significant risk of harming themselves or others. Patients are detained under the Mental Health Act 1983 .
Get Healthy, Get Active	A Sport England funded programme to improve the evidence base for the role sport plays in engaging inactive people (those undertaking less than 30 minutes of physical activity per week).
Get Set to Go	A programme delivered by Mind and local Minds and funded by Sport England and the National Lottery to support people experiencing mental health problems to be more active.
Improving Access to Psychological Therapies (IAPT)	An NHS programme offering talking therapies for common mental health problems, such as anxiety and depression. Also referred to as 'psychological services (IAPT)' in some areas.
Inactive	Doing less than 30 minutes of physical activity a week as per the Chief Medical Officer's guidelines. Guidance differs depending on your age group. You can find more information on the NHS website .
Lived experience engagement	Refers to involving people with lived experience of mental health problems in the development of new or existing services or projects. See Guide 3: Involving people with lived experience of mental health problems in the design and delivery of your work .

Long-term health condition	Long-term health conditions are conditions for which there is currently no cure, and which are managed with drugs and other treatment ¹ .
Local Mind(s)	There are a network of around 120 Local Minds across England and Wales providing mental health services in local communities. They are their own independent charities but form Mind's federated network.
Mental Health Act	This is a law that applies to England and Wales which allows people to be detained in hospital (sectioned) if they have a mental disorder and need treatment. You can only be kept in hospital if certain conditions are met. See our pages on the Mental Health Act for more information.
Mental Health Awareness for Sport and Physical Activity+ (MHASPA) eLearning	This online course is aimed at everyone who works in clubs, community sport and physical activity – such as coaches, activators, front of house staff, administrators and volunteers. Completing this course aims to give you the knowledge, skills and confidence to better understand and support people experiencing mental health problems, and create a positive environment that ensures they enjoy the benefits of being active and keep coming back for more.
Mental Health Charter for Sport and Recreation	The Charter sets out how sport and recreation organisations can adopt good mental health practice to make activities inclusive, positive and open to everyone.
Mental health	In many ways, mental health is just like physical health: everybody has it and we need to take care of it. Mental health is a continuum, ranging from good to poor. Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.
Mental health problems	A mental health problem is when the way you're thinking, feeling or acting becomes difficult for you to cope with. Mental health problems can affect the way you think, feel and behave. They can affect anyone regardless of age, race, religion or income. At Mind, we use the phrase 'mental health problems' as many people who experience them have told us this feels helpful and appropriate for them. But you also be familiar with terms such as 'poor emotional health', 'mental illness' or 'mental health issues'.

¹ King's Fund: [Long-term conditions and multi-morbidity](#)

	People have different ways of describing their own experiences and it is important that where possible you follow their lead.
Mental wellbeing	<p>Mental wellbeing doesn't have one set meaning. We might use wellbeing to talk about how we feel, how well we're coping with daily life or what feels possible right now.</p> <p>Good mental wellbeing doesn't mean you're always happy or unaffected by your experiences. But poor mental wellbeing can make it more difficult to cope with daily life.</p> <p>Looking after our mental wellbeing can help us deal with pressure and improve our ability to cope with life's ups and downs.</p>
Moderate intensity physical activity	<p>Physical activity that raises your heart and breathing rate, and makes you feel warmer. At this level of activity you should be able to talk, but not sing. More information can be found on the NHS website.</p> <p>Moderate intensity physical activity will be different for different people.</p>
Morbidity	The fact of having a particular disease or illness. Having two diseases or illnesses simultaneously is known as comorbidity. Experiencing three or more at the same time is referred to as multi-morbidity.
National Governing Body (NGB) for sport	An organisation that governs and administers a sport on a national basis. Examples include The Football Association (FA), Swim England and England Athletics.
<u>NHS Health Check</u>	A health check-up for adults in England aged 40 to 74 designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia.
Occupational therapist	<p>The job of an occupational health professional is to assess you to find out:</p> <ul style="list-style-type: none"> • how your work impacts your health • if you're fit for the work you do • what adjustments may need to be made to support you at work. <p>Your employer can refer you to occupational health if you have a physical or mental health problem that is affecting your work or causing you to take time off sick, particularly if this is more than two or three weeks at once.</p>
Open or inclusive activity	<p>An activity aiming to be open to everyone regardless of age, gender, disability or mental health problem.</p> <p>Activities can also be targeted.</p>
<u>Outcome</u>	The measurable result of an intervention.
<u>Peer support</u>	When people use their own experiences to help each other. Peer support is non-directive (so it's not guided by

	a leader or facilitator) and aims to create an equal power dynamic between people.
People with lived experience of mental health problems	This term includes people who directly experience mental health problems, people who support a family member or friend who experience mental health problems or those who work to support or care for them.
Person-centred approach	Designing a service around its users and tailoring it to their needs. This helps ensure their feelings, ambitions and motivations are at the heart of what's delivered.
Personal health budget	An amount of money to support an individual's identified health and wellbeing needs, planned and agreed between them and their local NHS team.
Physical activity	Any body movement that works your muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga, and gardening are a few examples of physical activity.
Physical Activity Readiness Questionnaire (PAR-Q)	A self-screening tool that can be used by anyone who is planning to start an exercise programme. It determines the safety or possible risk of exercising for an individual based on their answers to specific health history questions. For more details, see this example of a PAR-Q form .
Physiotherapist	Physiotherapists help people affected by injury or illness or disabled people through movement and exercise, manual therapy, education and advice ² .
Psychiatrist	Psychiatrists are medically qualified doctors who diagnose and treat people with mental health problems. This is a medical doctor that specialises in mental health (psychiatry). Psychiatrists can: <ul style="list-style-type: none"> • carry out assessments • decide with you which treatments to try, including medication • be your therapist for a treatment, like group therapy.
Psychological Wellbeing Practitioner (PWP)	A Psychological Wellbeing Practitioner works within the Improving Access to Psychological Therapies (IAPT) service. They are trained to deliver talking therapies to help people understand and manage their emotions and behaviour.
Psychologist	Psychologists help you to explore how you're thinking, feeling and behaving. There are different types of psychologists, like clinical, sport and occupational psychologists. Clinical psychologists specialise in mental health and provide talking therapies to help people treat and

² Chartered Society of Physiotherapy. [What is physiotherapy?](#)

	manage their mental health problems. They do not diagnose mental health problems or prescribe treatment.
Psychotherapy	See talking therapies .
Recovery college	A place where people with lived experience can work together to design and attend courses that wouldn't typically be offered in other educational settings (like courses in understanding recovery and peer support training).
Sectioning/being sectioned	Being 'sectioned' means that you are kept in hospital under the Mental Health Act . There are different types of sections, each with different rules to keep you in hospital. The length of time that you can be kept in hospital depends on which section you are detained under. See our pages on sectioning for more information.
Side by Side (formerly Elefriends)	A supportive online community where you can feel at home talking about your mental health and connect with others who understand what you are going through.
Social prescribing	When healthcare professionals refer people to community services that don't take place in traditional medical settings (for example, exercise classes, gardening sessions or art groups). You can find more information on the King's Fund website .
SMART goals	A goal that incorporates all of the following criteria: <ul style="list-style-type: none"> • Specific • Measurable • Attainable • Relevant • Time-related
Sport England	A non-departmental public body under the Department for Culture, Media and Sport tasked with helping people and communities across the country create sporting habits for life. They award funding, provide insight, gather data and share their expertise.
Sustainability	The likelihood that something will continue. It may refer to a project continuing after the funding has ended.
Talking therapies	Talking therapies cover a wide range of treatments which involve talking to a trained professional (such as a therapist or counsellor) about your thoughts, feelings and behaviours. Usually there's very little difference between counselling, psychotherapy and psychological therapy – they all broadly refer to talking therapy. But sometimes they might indicate differences in who the therapist is, or refer to a specific type of talking therapy.

Targeted activity	An activity that is specifically aimed at a group of people, such as people experiencing mental health problems or people in a particular age group. Activities can also be open and inclusive .
Therapist	This is a trained professional who runs or supervises your therapy. Therapists help you explore how you're thinking, feeling and behaving, and what can help you in the future. There are different types of training and education for therapists. This means they all have different titles, like psychologist, therapist, counsellor or psychiatrist.
Validated tools and measures	A tool or measure that has been extensively tested to demonstrate reliability, consistency and sensitivity in understanding a particular client outcome.
Vigorous intensity physical activity	Activity that makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath. More information can be found on the NHS website . Vigorous intensity physical activity will be different for different people.
<u>Wellness Action Plan</u>	An easy, free and practical way of helping you to support your own mental health at work and, if you are a manager, helping you to support the mental health of your team members.