

Jigsaw overview

Our pioneering **Jigsaw consultancy offer** is aimed at sport and physical activity organisations working at a county to national level.

It is designed to help organisations to embed mental health across everything they do.



Our Jigsaw consultancy offer consists of 2 elements:

1. Our Jigsaw approach

This breaks down how you can develop your work around mental health into 9 areas, or jigsaw pieces. Each piece includes case studies, tools, templates and activities making it easier for you to implement it in your work.



2. Our free consultancy offer

We've developed a 3-tiered consultancy offer – bronze, silver and gold.

Support	Bronze tier	Silver tier	Gold tier
Allocated member of Mind's Physical Activity team	✓	✓	✓
1-hour call to discuss your support requirements	✓	✓	✓
Review of mental health content on your social media and website		✓	✓
Delivery of a 2.5-hour in-person action plan workshop with your staff		✓	✓
Creation of an action plan bespoke to your organisation		✓	✓
Access to 35 hours free consultancy* from Mind's Physical Activity team			✓
Expectations			
	<ul style="list-style-type: none"> Attend the call and come with information on what mental health support you require. 	<ul style="list-style-type: none"> Host a 2.5-hour in-person workshop at a location of your choosing. Ensure staff from across your organisation attend. 	<ul style="list-style-type: none"> Sign a consultancy agreement. Monthly meetings during the consultancy agreement Pre- and post-consultancy surveys conducted for data collection

*This is available for up to 6 months and is worth £4,000 in-kind consultancy

Benefits:

Our consultancy offer provides bespoke mental health support, aligned to your organisation's specific priorities, capacity and areas of focus.

Our aim is to help you embed mental health sustainably and effectively across your work, policies, and culture.

Accessing the offer:

If you would like to find out more information or access our Jigsaw support, please [click here](#) or email sport@mind.org.uk.

 **The Jigsaw consultancy provides a clear and practical framework that we hope will have a positive impact on how we support our people. Through this collaboration, we've not only developed a stronger understanding of how to embed positive mental health within our culture, but we've also built practical tools and actions that feel tailored to our context. We are extremely grateful for this funded package of support.** 

Helen, Youth Sport Trust