



Mental Health and
MOVEMENT
Alliance

Change through movement

The Mental Health and Movement Alliance is brought together
by Mind, with support from Sport England.



THE
NATIONAL
LOTTERY



**SPORT
ENGLAND**

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Our call for change

This call for change sets out the role community-based physical activity and movement can play in supporting mental health as part of great mental health care.

It is designed to support government, commissioners, funders and providers to embed movement more intentionally across prevention, treatment and recovery.

Drawing on evidence and lived experience, it offers practical recommendations to help ensure physical activity is used safely, inclusively and in ways that genuinely improve mental health outcomes.

Introducing the Mental Health and Movement Alliance

The Mental Health and Movement Alliance are a network of organisations working at the intersection of mental health and physical activity, brought together by Mind, with support of Sport England. It connects partners across the mental health sector who are using physical activity sectors as part of great mental health care, so they can share learning, build evidence and influence policy and practice.

The Alliance is rooted in a shared understanding that physical activity can support mental health by improving wellbeing, building resilience and aiding recovery. However, it is not a standalone solution and should be delivered alongside other forms of support, including clinical, therapeutic and community-based care, with a strong focus on people's lived experience.

The Alliance works collaboratively to share what works, support system-wide change, and amplify key messages across the sector.

It has two core aims:

- **To embed physical activity within mental health prevention, treatment and recovery pathways**
- **To embed mental health understanding across the sport and physical activity sector**, ensuring provision is safe, inclusive and person-centred.

Through this approach, the Alliance enables a more joined-up approach to improving mental health and wellbeing.

Read more about us and our members here: [Mind and the Mental Health and Movement Alliance](#)



How the Mental Health and Movement Alliance can support you

The Mental Health and Movement Alliance support partners to deliver meaningful change by bringing together specialist expertise, lived experience insight, and practical, evidence-informed tools. Through our cross-sector membership, we help bridge mental health and physical activity systems, supporting approaches that are safe, inclusive and person-centred.

We can support you to:

- **Embed lived experience** in the design, delivery and evaluation of physical activity
- Help you to **champion the benefits of healthy relationships** with physical activity, including recognising the risks of over-exercising and supporting people to engage in physical activity safely and sustainably
- **Promote [safe and effective practice](#)**, through our **practical tools and guidance** for commissioners, providers and practitioners across clinical and community settings
- **Strengthen delivery across systems** supporting both national programmes and place-based work by improving access to support and enabling earlier intervention
- **Connect with partners and networks**, including NHS, professional bodies and the voluntary sector, to support alignment and awareness.

Alongside this, [Hub of Hope](#), the UK's largest mental health support directory, helps strengthen local systems by improving access to support. It enables individuals and professionals to find relevant services quickly, supporting earlier intervention and more joined-up care.

Hub of Hope now includes a **physical activity and movement filter**, making it easier to identify services that intentionally support mental health through physical activity. We encourage organisations to list their provision to:

- Increase visibility of local support
- Strengthen preventative offers
- Support integration of physical activity within mental health pathways.

Together, the Alliance and Hub of Hope support a more connected, accessible and effective system for improving mental health outcomes through movement.

Why physical activity matters

This call for change sets out why movement and physical activity must be embedded within mental health prevention, treatment, and recovery. It is intended to support **funders, commissioners, and decision-makers** to invest confidently in movement and physical activity for mental health. It also helps partners including **sport and physical activity providers, mental health services, and the community and voluntary sector**, align around a shared evidence-based approach that improves mental health outcomes, reduces inequalities, and strengthens communities.

Why movement and physical activity matter to people

We use “movement” as an inclusive term that encompasses physical activity, sport and exercise. While some interventions are based on specific types or amounts of exercise, we recognise that every movement counts and that “movement” can feel like a more accessible term for many people.

Mental health need is high and rising. In England, **around one in five adults is living with a common mental health problem**, such as anxiety or depression (Liubertiene et al., 2025¹), with rates highest among

young people and those in the most deprived communities. Demand for support continues to outstrip capacity, with many people experiencing long waits for mental health services and a significant proportion reporting that their mental health deteriorates while waiting for help.

Evidence shows that **physical activity can play an important role in improving mental health and wellbeing**. It can help to reduce symptoms of anxiety and depression, build confidence and resilience, and support recovery when delivered safely and alongside other forms of support. Insights from the [We Are Undefeatable](#) campaign (Richmond Group of Charities, 2024) suggest that improved mood and wellbeing are among the main reasons people choose to be active, highlighting the two-way relationship between movement and mental health. At a time of sustained pressure on mental health services, embedding physical activity across prevention, treatment and recovery pathways offers a practical, evidence-based way to reach more people earlier and improve outcomes. Physical activity also offers important physical health benefits, particularly for people managing multimorbidity and long-term health conditions, reinforcing its value as part of a whole-person approach to health and wellbeing.

Why movement and physical activity matters to individuals

Physical activity can:

1.

Improve social connections: Taking part in physical activity can allow you to connect with more people, make new friends and feel “valued and cared for” (Tweed, et al., 2021 and White, et al., 2024²). It can help to address isolation.

2.

Reduce symptoms of anxiety and depression (Pascoe et al., 2020³). The evidence is sufficiently strong that current National Institute for Health and Care Excellence (NICE) guidance recommends a programme of physical activity for people with depression at all levels of severity ([NICE, 2022⁴](#)).

3.

Improve mood: Exercise can release endorphins (sometimes called ‘feel-good’ hormones) that can lift mood (Schuch et al., 2016⁵).

4.

Improve sleep: Taking part in regular moderate exercise can relieve tension leading to a restful night and improved sleep (Rebar et al., 2015⁶).

5.

Be a protector factor against developing depression (Choi et al., 2019⁷).

6.

Reduce stress and anxiety: Physical activity releases cortisol which helps us manage stress (Stults-Kolehmainen, et al., 2014⁸). Being physically active also gives your brain something to focus on. This can be a positive coping strategy for difficult times.

7.

Increase self-esteem: The sense of achievement people get from exercising or learning a new skill can help them feel better about themselves and improve their mood (Barton, 2012⁹).



Why movement and physical activity matters to the economy

There are significant economic benefits. Sport England, with support of Sheffield Hallam University and Manchester Metropolitan University calculated the annual social value of community sport and physical activity to be more than £100 billion, with a return on investment of £4.20 for every £1 spent with much of this value driven by improved wellbeing and reduced demand on public services (Sport England, 2025¹⁰).

The economic case is particularly strong for mental health. A major review

of 97 systematic reviews found that physical activity significantly reduces symptoms of depression, anxiety and psychological distress, leading researchers to conclude it should be a core component of mental health management. (Singh et al., 2023¹¹).

Sport England's latest modelling estimates that physical activity prevents around 1.3 million cases of depression each year in England, helping to reduce pressure on health services while improving quality of life (Sport England, 2025¹²).



Why movement and physical activity matters to neighbourhoods and communities

By including physical activity in neighbourhood health plans, it helps:

1.

Support prevention and wellbeing:

Everyday activities like walking, gardening and gentle movement can improve mood, reduce stress and help prevent mental health problems.

2.

Strengthen mental health support:

Physical activity can sit alongside clinical care and talking therapies, supporting people to manage symptoms of depression and anxiety and other mental health problems as part of a wider care approach which is holistic and person-centred.

3.

Enable social prescribing:

Community-based activities, such as walking groups or green gyms, offer accessible, non-clinical ways for people to be supported locally.

4.

Build social connection: Informal, shared activities can reduce loneliness, strengthen peer support and help people feel part of their community.

5.

Make places healthier: Designing neighbourhoods that are safe, walkable and green makes it easier for people to be active and supports better mental health.

6.

Help people while waiting for services:

Safe, voluntary physical activity can support people to cope and stay well while they wait for other mental health support.

A community of people who support and help others

Across England, a vast community of people are already giving their time, skills and care to support sport and physical activity. **Across the UK, more than 6 million adults volunteer regularly in sport and physical activity, alongside a professionally employed workforce of around 586,000 people and more than 3 million coaches nationwide** (Sport England, 2025¹³).

Together, this connected community represents a powerful support network embedded in local places and everyday lives. By working collectively, they have the potential to reach people who may be at greater risk of poor mental health, offering trusted relationships, purposeful activity and a sense of belonging, helping to make physical activity a cornerstone of community wellbeing.

The **changes** we need to see

The following policy asks set out the changes needed to embed physical activity effectively as part of great mental health care. They cover funding, mental health pathways, professional training, and the role of sport and physical activity providers in communities. Together, they make the case for a system where movement is no longer an afterthought, but a standard part of prevention, treatment, and recovery, and available for everyone who needs it.

1

Commissioners and funders **ringfence funding** for evidence-based* physical activity services intentionally designed to support mental health outcomes across the life-course.

2

Embed **physical activity across mental health pathways** for children, young people and adults, so it supports people earlier alongside clinical care as recommended in NICE Guidelines and the NHS England's [Four Ways Forward](#).

3

Integrate **physical activity knowledge** into mental healthcare professional training and development as recommended in the NHS England's [Four Ways Forward](#).

4

Apply [safe and effective practice](#) to all physical activity delivered to people with mental health problems.

5

Recognise **sport and physical activity providers as trusted partners in great mental health care**.

*“Evidence-based” in this context includes evidence from research studies, community and real-world delivery, evaluation and implementation learning, and the experiences of people with lived experience, rather than relying solely on randomised controlled trials.

Change 1:

Ringfenced funding for evidence-based physical activity services intentionally designed to support mental health outcomes across the life-course.

We know that intentionally designed physical activity programmes support mental health outcomes, particularly when they are grounded in peer support and lived experience. Yet funding is often limited to short term (6–12 weeks – 1 year) to medium term (1–3 years) and not sustained beyond the initial programme.

Ringfenced funding is needed to enable the delivery of evidence-based physical activity programmes that are intentionally designed to support the mental health of children, young people and adults. Funding should reflect the real costs of delivery, including core staffing, volunteering infrastructure, engagement and behaviour change, and wraparound support including governance, supervision and impact evaluation. Where possible, investment cycles should be multi-year, with a pathway to longer-term sustainability to ensure continuity.

What this would look like in practice

- ICB and local authority budgets recognise the benefits of and intentionally commission physical activity within mental health service portfolios.
- All funders recognise the true costs of delivering safe and effective physical activity services and allow core funding to cover staff and operating costs, including management, reflective supervision, volunteering infrastructure, engagement, marketing, and wraparound support.
- Funders move away from per-person costing models that undercut quality provision and measure success by sustained community impact.
- Funders ensure local programmes and community-based groups are not



disadvantaged by complex application requirements or short funding rounds that favour larger organisations, reflecting the [Civil Society Covenant's](#) principles of inclusion, collaboration and valuing the contribution of civil society organisations of all sizes.

- Services run continuously, so people can be referred in at any point without being told “we’re between funding cycles” or joining a waiting list for a service that no longer exists.
- Organisations retain experienced staff and trained volunteers, rather than rebuilding from scratch with each new funding round.
- Underserved communities including people from low-income households, those with severe mental illness, and communities with the greatest health inequalities are consistently served, because the programmes designed to reach them are focussed on sustainability rather than survival each year. This recognises that building trust with communities takes time and depends on sustained investment in trusted people, relationships and local delivery.

Evidence of existing good practice

- [Charlton Athletic Community Trust](#) has delivered an early psychosis programme in partnership with Oxleas NHS Foundation for over 20 years, demonstrating that sustained, long-term investment in sport-based mental health support is both possible and impactful, providing a proven model for prevention, recovery and community-based care.
- The [Ahead of the Game UK Final Report \(2023\)](#) provides evidence of the impact of sport-based mental health programmes for adults, including economic value.
- The [Get Set to Go report \(2017\)](#) demonstrates the value of peer-led physical activity programmes for adults with mental health problems, and the importance of sustained investment.

- [Sport in Mind](#) delivers evidence-based physical activity programmes for adults with mental health problems. Their academic study (Laxman et al, 2026¹⁴) provides further evidence of the positive impact of community-based physical activity programmes for people with severe mental illness.
- Stormbreak’s [Surge impact report](#) shows the impact of schools introducing ‘stormbreaks’, short school-based movement activities intended to help primary children recognise, respond and regulate their emotions into their settings as a universal, preventative approach.
- The Running Charity uses running and trauma-informed holistic support to strengthen the mental health of young people furthest from support, those facing homelessness, care-leaving, asylum or the criminal justice system. Their [2025 impact report](#) presents independent analysis of wellbeing impact, as well as outcomes related to homelessness, education, training, and employment.

Example of the challenge

- [TheMovement](#) has over 45 charity sessions on its waiting list in London, with over 200 women experiencing mental health problems, domestic abuse or isolation waiting to access its services, demonstrating significant unmet demand for well-funded community provision.
- In the last 18 months peer led organisations [Mental Health Swims](#) and [Mental Health Mates](#) have sadly closed due to a lack of core funding. Collectively they reached tens of thousands of people to improve their mental health through movement and connection across over 250 sites.

Change 2:

Embed physical activity across mental health pathways for children, young people and adults, so it supports people earlier alongside clinical care.

Physical activity should no longer sit at the margins of mental health support. Instead, it needs to be **recognised, resourced and routinely integrated across mental health pathways for children, young people and adults – including educational systems (e.g., schools, colleges and university pathways)** – so it supports people earlier, alongside clinical care, and throughout recovery.

At present, access to physical activity through mental health pathways is inconsistent and often depends on where someone lives or whether individual professionals feel confident making referrals. This means

opportunities to support wellbeing, prevent deterioration and help people manage their mental health while waiting for care are frequently missed.

This change calls for physical activity to be embedded as a **standard component of prevention, primary care and secondary care mental health pathways**, delivered in line with Mind's principles for safe and effective practice. Physical activity should work alongside medication and talking therapies, not as a replacement, offering people additional, accessible ways to support their mental health in a person-centred way.



What this would look like in practice

- Structured physical activity support is offered to people **while they're waiting for mental health services**, including children and young people on CAMHS waiting lists, helping them manage symptoms and reduce the risk of deterioration. Physical activity is also integrated into wider condition pathways to support mental wellbeing and help prevent worsening health outcomes.
- Physical activity brief advice[†] and access to interventions is built into **prevention, primary care and secondary care mental health pathways** for children and young people and adults, rather than being optional or discretionary. [Moving Medicine](#) resources can be used as a starting point for conversations.
- Physical activity referral is embedded into **NHS incentive frameworks and performance measures such as Quality and Outcomes Framework (QOF), commissioning and clinical pathways** for CAMHS and adult mental health services.
- Referral to physical activity is a **standard option within NHS Digital including IT systems supported by standardised SNOMED CT coding*** and feedback loops so clinicians and link workers can see whether referrals lead to uptake and outcomes. Improved, inclusive approaches to physical activity measurement would further strengthen data quality and evaluation.
- Tools such as the **Hub of Hope physical activity and movement filter** and **Moving Medicine** are integrated into NHS Digital, making it easy for professionals to identify trusted, quality-assured local provision.

- Resources such as **We Are Undefeatable** are used alongside referral, recognising that people engage at different stages and may need encouragement and confidence-building before taking part.
- Sport and physical activity providers – including community organisations and sports clubs – are recognised by healthcare professionals, commissioners and decision makers as **access points within mental health pathways**, particularly for groups less likely to engage with clinical services, supported by the [Moving Together](#) ambition for seamless, person-centred physical activity pathways across health, care and community settings.

Evidence of existing good practice

Physical activity embedded within mental health pathways

- Stormbreak's [Shine Insight 2025](#) report demonstrates how embedding “mentally healthy movement” into early mental health pathways, across schools, primary care, and community settings can significantly improve children's wellbeing and emotional regulation, with **65% showing improved wellbeing** and **59% reduced emotional problems**.
- Sport England's [Talking Therapies programme](#) found physical activity can effectively supplement talking therapies for adults, providing a strong evidence base for social prescribing referral.
- The [National Academy for Social Prescribing evidence review](#) supports the case for expanding physical activity referral in adult mental health pathways.

[†] **Innovation Idea (subject to funding):** The Mental Health and Movement Alliance, with support from partners and funders, could co-design a physical activity information pack with young people and their families to support healthcare professionals in delivering brief advice.

* **SNOMED CT** is the NHS's standard coding system, helping health professionals record and share information consistently across different services and IT systems.

- [RunTalkRun](#) offers a peer support running model that is accessible to adults across a wide range of mental health experiences, demonstrating how community provision can complement clinical referral pathways.
- Outdoor swimming research with the University of Portsmouth and Sussex Partnership NHS Foundation Trust (the [OUTSIDE project](#)) is exploring whether outdoor swimming can support depression through a randomised control trial (RCT). This is a live evidence source for the social prescribing case (Massey, et al., 2023¹⁵).
- The [Mental Health Foundation's Movement report \(2024\)](#) provides evidence on the importance of movement for adult mental health and the barriers people face in accessing it.

Integration with primary care

- Hull FC and Hull KR received three years of funding to deliver health outcomes through sport, working on

the '[Teaming up for health](#)' partnership. This go-where-people-are approach demonstrates that sports clubs are trusted access points in communities to deliver prevention and early intervention.

- Rugby League Cares' [Offload programme](#) provides research evidence on the design and delivery of community sports-based mental health support for adults, including qualitative evidence on what makes these programmes effective.

Support while waiting for services

- [Greater Manchester Mental Health NHS Foundation Trust](#) offers participation in physical activities as part of its CAMHS provision.
- Safety Nets Yorkshire Sport Foundation ([Dias et al., 2023¹⁶](#)) offer a community based social prescribing intervention involving combined physical activity and psychoeducation for young people on mental health service waiting lists.



Change 3:

Integrate physical activity knowledge into mental healthcare professional training and development.

Include physical activity promotion and brief advice in initial training and continuing professional development (CPD) for mental healthcare professionals working with children, young people and adults. Training should cover the mental health benefits of physical activity and equip professionals with the skills and confidence to connect people to safe, local provision as part of routine care using a personalised approach.

What this would look like in practice

- Mental Health [Physical Activity Clinical Champion](#) (MH PACC) training and the [Moving Medicine tool](#), developed by Sport England and partners, becomes a recommended CPD component for healthcare professionals working across primary and secondary care. This includes GPs, nurses, allied health professionals and healthcare support workers working across the life-course and education mental health practitioners working with children and young people.
- Training is developed based on people's lived experiences alongside clinical expertise ensuring professionals understand the benefits of a healthy relationship with physical activity and how to support someone who may be at risk of over-exercising. It also supports healthcare professionals to explore their own relationship with movement and the value of finding movement that works for them.
- [NHS England eLearning module on physical activity and health](#) is promoted as a standard resource for health professionals working with children, young people and adults with mental health problems.
- National resources and stories that resonate with people's lived experience, such as **We Are Undefeatable**, are integrated into training and practice guidance to support inclusive, strengths-based conversations about movement and everyday activity.
- Physical activity promotion is included as a trackable competency in professional development records, so training uptake can be monitored.
- Professionals across non-clinical mental health settings receive **brief, practical training**[†] on the mental health benefits of physical activity and how to have motivating, appropriate conversations about movement.

Evidence of existing good practice

- Sport England's and OHID's [Moving Healthcare Professionals programme](#) has trained thousands of health professionals to have physical activity conversations with patients. This model could be extended to children and young people pathways.
- The [University Mental Health Charter](#) provides a framework for embedding mental health support, including physical activity, in higher education settings.

[†] **Innovation opportunity (subject to funding):** The Mental Health and Movement Alliance, with support from partners and funders, could co-design a training package and practical resources for community and voluntary sector mental health professionals to confidently introduce gentle movement and physical activity to existing service users.

Change 4:

Apply safe and effective practice to all physical activity delivered to people with mental health problems.

Physical activity can support mental health, but only when it is delivered in ways that are safe, inclusive and appropriate for both the participant and deliverer. **Mind's Safe and effective practice guidance** is clear that physical activity should not be a one-size-fits-all solution, nor a substitute for clinical care. Without the right approach, physical activity can increase anxiety, reinforce exclusion or place people at risk.

Safe and effective practice is guidance for organisations delivering sport, physical activity and mental health programmes, designed to help ensure support is safe, inclusive and effective for both participants and deliverers. It was co-produced with people with lived experience of mental health problems, coaches, frontline workers, healthcare professionals, industry bodies including Royal Colleges and more than 180 organisations. The resources include a guidance report, self-assessment checklist, practical tools, templates, case studies and implementation support.

This change sets a clear expectation that all physical activity offered to people with mental health problems follows **Mind's Safe and effective practice principles**, regardless of setting, provider or funding source. Applying these principles consistently builds trust across health and community systems, enabling health and social care professionals to refer to physical activity with confidence, knowing provision aligns with Mind's Safe and effective practice guidance and genuinely supports people's mental health and wellbeing.

What this would look like in practice

- Physical activity is voluntary, person-centred and flexible, with people supported to engage at their own pace and in ways that feel right for them.
- Providers follow **Safe and effective practice guidance**, ensuring activities are inclusive, trauma-informed and psychologically safe, as well as physically safe.
- Clear **boundaries and safeguarding protocols** are in place, with staff and volunteers knowing when and how to escalate concerns or signpost to additional support.
- Staff and volunteers delivering physical activity receive **appropriate training informed by Mind's guidance and relevant CIMSPA occupational standards**, ensuring they understand mental health, promote choice, and respond to distress safely, appropriately, and at a level suited to the person and the activity they are delivering.
- Funders and commissioners include **Safe and effective practice requirements** in contracts, commissioning frameworks and funding criteria, prioritising quality, safety and appropriateness.
- People with lived experience of mental health problems are involved in **designing, delivering and reviewing** activity offers, ensuring they remain relevant, welcoming and effective.

Evidence of existing good practice

- **York and North Yorkshire Combined Authority/Movement and Sport Investment Fund** have embraced the Safe and effective practice guidance for all grantees. They have built the guidance into grant conditions and are working with Mind in York and North Yorkshire (a consortium of 4 local Minds) to provide tailored support to delivery leads in 2026.

- **Active Cheshire** – has adapted the guidance to help physical activity providers in Cheshire to embed Safe and effective practice in their delivery. 10 pilot organisations, including an NHS community trust, have received support from Active Cheshire including a tailored action plan and ongoing help from a dedicated staff member working on the pilot.



Change 5:

Recognise sport, physical activity and movement providers as trusted partners in mental health care.

Recognise sport clubs and physical activity providers as trusted community access points for people with mental health needs. Sports and physical activity clubs and groups aren't a replacement for clinical care, but for many people, particularly those who would not seek support through traditional health services, they're where trust already exists. Commissioners and funders should actively include sport and physical activity providers in mental health pathway planning and explore innovative ways to reach groups that may not access traditional health support.

What this would look like in practice

- Commissioners work in collaboration with their local Active Partnership to map change to sport, physical activity and movement providers as part of mental health pathway planning, recognising them as a legitimate access point alongside voluntary sector and clinical services.
- Working in collaboration with trusted sport and physical activity providers as community outreach points **enables mental health services to extend their reach**, particularly to underserved populations, by going to where people already are rather than expecting them to access traditional services.
- From information stands and educational talks to commissioning services within sports stadia, this approach **reduces inequalities in access and outcomes, and builds trust** across health and community systems. As neighbourhood health models develop, community sport and physical activity facilities are recognised as



important local assets and hubs for health and wellbeing, helping to connect people with support in settings that feel familiar, accessible and non-stigmatising.

- CIMSPA Local Skills Boards help shape **Local Skills Improvement Plans** to maximise opportunities for physical activity training and education within local communities, including supporting investment in mental health training aligned with professional standards and the Safe and effective practice guidelines.

Evidence of existing good practice

- The Royal Foundation and Hub of Hope by Chasing the Stigma's '[On Your Side](#)' toolkit demonstrates the important role sport can play as a trusted community setting for mental health and suicide prevention, helping clubs, coaches and volunteers to identify concerns, start conversations and connect people with support.
- Everton in the Community's [The People's Place](#) is a purpose built mental health hub providing an extensive range of activities to improve mental health and promote suicide prevention. As well as Multi-Use Games Areas, the facility includes a dedicated space for a team of onsite GPs, mental health nurses and clinical psychologists to provide direct professional support to those who need it.
- [Thorpey's Bat and Chat](#) – County Cricket clubs, grassroots clubs and local Minds co-deliver a tailored 12 week programme of cricket and psychoeducation in cricket clubs to support adults with mental health problems.
- [Together Against Suicide](#) – the Premier League and its clubs are helping supporters who are at risk of suicide through a partnership with the Samaritans and local mental health charities. This work in football builds upon the legacy of the Mind and EFL '[On Your Side](#)' partnership 2018–2022.



Thanks

With thanks to the members of the Mental Health and Movement Alliance for their partnership in co-creating this call for change.

Centre for Mental Health,
Sport and Physical Activity
Research (CMSPR) at Edge
Hill University

Chasing the Stigma /
Hub of Hope

DOCIA Sports

Loose Headz

Mental Health Football
Wales

Mental Health Foundation

Mind

Mind Over Mountains

Movember

MyoMinds

Opening Up Cricket

Rainbow Mind

Red Together

Rethink Mental Illness

Rugby League Cares

Scottish Action for Mental
Health

Sport England

Sport in Mind

State of Mind Sport

Staysafe UK

Stormbreak

Tackling Awareness of
Mental Health Issue
(TAMHI)

The Foundation for Young
People's Mental Health

TheMovement Charity

The Running Charity

Read more about us and our members here: [Mind and the Mental Health and Movement Alliance](#)

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The Mental Health and Movement Alliance is brought together by Mind with support of Sport England.



We're Mind. We're fighting for a future where no mind is left behind. We want to create a mentally healthy society. Through our information, services and campaigns, we tackle stigma, barriers and isolation so that everyone can access mental health support when they need it.

Our campaigners speak out about the real issues affecting people with mental health problems. Be part of a powerful movement and join us in the fight for mental health at mind.org.uk/campaign

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