

Athletics, Running and Mental Health

This resource has been produced by **England Athletics** and mental health charities **Sport in Mind**® and **Mind** to raise awareness of mental health and to provide guidance and support to athletics and running clubs, coaches and leaders to help make athletics and running more open and accessible to those of us experiencing mental health problems.

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Introduction

In many ways, mental health is just like physical health: everybody has it and we need to take care of it.

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 can affect anyone regardless of age, race, religion or income. They affect around one in four people in any given yearⁱ and can range from common problems, such as depression and anxiety, to rarer problems such as schizophrenia and bipolar disorder.

Physical health problems tend to be better understood than mental health problems, and there is still stigma and confusion around mental health problems. Speaking about mental health shouldn't be seen as being scary, taboo or something to avoid, as the reality is mental health affects everybody and is part and parcel of everyday life.

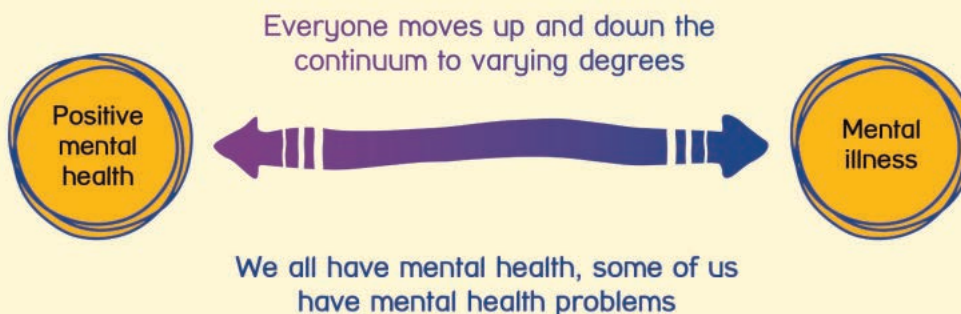
There is still a great deal of stigma surrounding mental health problems, which means that talking about them can be challenging. However, there is a huge amount of work being done to raise awareness of mental health problems and ensure that people feel more confident and comfortable to talk about them.

A prominent example of this work is Time to Change, England's most ambitious campaign to end the stigma and discrimination faced by people who experience mental health problems, which has been running since 2007. Run in partnership between Mind and Rethink Mental Illness, Time to Change works to improve public attitudes and behaviour towards people with mental health problems, and reduce the amount of discrimination that people with mental health problems report in their personal relationships, their social lives and at work.

To find out more go to: www.time-to-change.org.uk

Definition of Mental Health

Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.



Mental health – the facts

- ◆ 1 in 4 people will experience a mental health problem in any given year;ⁱ while 1 in 6 people report experiencing at least one common mental health problem (such as stress, anxiety or depression) in any given weekⁱⁱ
- ◆ Of the approx. 14 million people who experience mental health problems in a given year in Englandⁱⁱⁱ, less than two million are in contact with specialist mental health services^{iv}
- ◆ 1 in 6 British workers are affected by conditions like anxiety, depression and stress every year^v
- ◆ While mental health problems are estimated to account for a quarter of health problems, only 13% of the NHS budget is spent on mental health services^{vi}
- ◆ 1 in 3 visits to the GP are mental health related^{vii}
- ◆ 64.7 million Prescriptions for antidepressants were dispensed in England in 2016. This is a 108.5% increase from 2006^{viii}
- ◆ On average, in the UK, 17 people take their own lives each day^{ix}
- ◆ Regular engagement in sport and physical activity can be an effective intervention in the treatment and prevention of mental health problems. In fact, the National Institute for Health and Care Excellence (NICE) who provide prescribing guidance for healthcare professionals actually recommend it as a primary intervention for mild-to-moderate depression.^x For more information see the case studies on pages 7-8.
- ◆ Some of the most successful sportsmen and women over the past 20 years have spoken about their own struggles with mental health, including:
 - ◆ Double Olympic Champion Athlete **Dame Kelly Holmes**
 - ◆ Footballers **David Beckham** and **Paul Gascoigne**
 - ◆ Rugby players **Jonny Wilkinson** and **Jason Robinson**
 - ◆ Cricketers **Marcus Trescothick** and **Andrew 'Freddie' Flintoff**
 - ◆ Olympic Champion Cyclist **Victoria Pendleton**
 - ◆ Olympic Champion Swimmers **Rebecca Adlington** and **Ian Thorpe**
 - ◆ Tennis Legend **Serena Williams**
 - ◆ World Champion Boxers **Ricky Hatton** and **Frank Bruno**

i NHS Digital, Mental Health & Wellbeing in England, Adult Psychiatric Morbidity Survey 2007 <http://www.hscic.gov.uk/pubs/psychiatricmorbidity07>

ii Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014 <http://content.digital.nhs.uk/catalogue/PUB21748>

iii 1 in 4 figure (above) applied to the population of England: ONS mid-2014 population estimate <http://ons.gov.uk/ons/publications/re-reference-tables.html?edition=tcm%3A77-368259>

iv Mental Health Minimum Dataset (MHMD) Annual report 2013-14 (England), <http://www.hscic.gov.uk/catalogue/PUB15990/mhb-1314-ann-rep.pdf>

v Time to Change campaign, <http://www.time-to-change.org.uk/your-organisation/support-employers>

vi House of Commons (2017) Mental health policy in England <http://researchbriefings.parliament.uk/ResearchBriefing/Summary/SN06988>

vii NHS England blog (2013) It's time to stop treating mental health as a 'cinderella' issue, <https://www.england.nhs.uk/2013/10/24/ed-mitchell-3/>

viii <http://digital.nhs.uk/catalogue/PUB30014>

ix ONS: Suicides in the United Kingdom, 2013 Registrations, <http://www.ons.gov.uk/ons/rel/subnational-health4/suicides-in-the-united-kingdom/2013-registrations/index.html>

x NICE. Depression in adults: The treatment and management of depression in adults. <https://www.nice.org.uk/guidance/cg90/ifp/chapter/treatments-for-mild-to-moderate-depression> (Accessed 23/5/18)

My story: **Shona Campbell**

16 years ago I took up running. If I'm honest, I found it hard initially, but I stuck with it and began to really enjoy myself. I just loved the challenge of running, making friends and encouraging others who were struggling as I had. This led me to train as a running coach, and I have now been coaching for the past 11 years.

Since adolescence I have suffered periodically from severe depression, but when I started to run regularly it made me feel better mentally than I ever had before. Even my friends and family could see the positive impact running was having on my mental well-being. I quickly began to realise that, when I felt low, running would help lift my mood. Sometimes I found it hard to force myself out of the door and often it felt as though I was running through treacle, but I always came back feeling better than when I went out. Running also taught me to accept my body, to be more confident and comfortable with myself and to focus on the physical effort without any intrusive negative thoughts. In addition to the positive impact running has had on my own mental well-being, I have also seen how running boosts other people's confidence, self-esteem and mood during my years working as a coach.

I wholeheartedly recommend running and outdoor exercise to anyone that is experiencing a mental health condition.



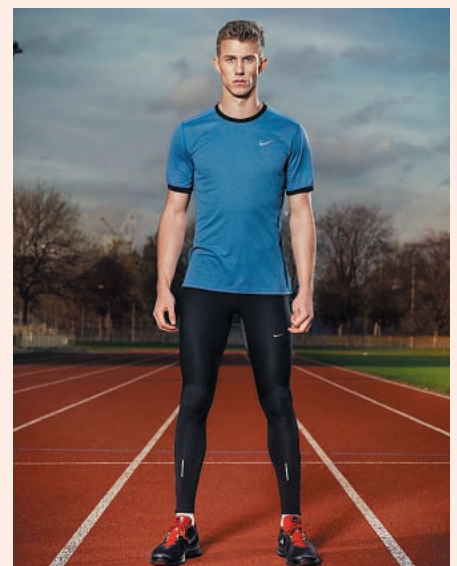
My story: **Jack Green**

My name is Jack Green and I represented team GB at the London 2012 Olympics. I compete in the 400 metre hurdles and the 400 metre flat. In 2011 I was the European Under-23 champion for the 400 metre hurdles and in 2012 was a member of team GB's 4 x 400 metre relay squad at the London Olympics.

In 2013, having competed professionally in track and field for four years, I decided to take a break from elite performance athletics after suffering from depression. I know talking about mental health problems is a difficult subject matter to many people, but I hope me being honest about my illness offers others some support and helps people realise they are not alone.

I have made a full recovery now, but felt a break from the pressures of competing professionally was necessary for my mental health. I have recently started running again and am really enjoying myself.

Casual running is such great fun and there really is no limit to how much it can help your mental health and confidence!



How are mental health problems diagnosed?

When diagnosing a mental health problem, doctors look for groupings of certain symptoms. For more common problems, particularly depression and anxiety, a doctor will normally conduct a short questionnaire with their patient to make an assessment. Less common mental health problems are usually diagnosed by a specialist such as a psychiatrist or a psychologist.

While there may be common symptoms associated with mental health problems, we must remember that the way people experience them can be very different. Labels and diagnoses do not define a person, nor do they shape a person's entire life.

There are a number of mental health diagnoses, including:

- ◆ Depression
- ◆ Anxiety
- ◆ Obsessive-compulsive disorder (OCD)
- ◆ Phobias
- ◆ Eating problems
- ◆ Bipolar disorder
- ◆ Schizophrenia
- ◆ Personality disorders

More information on each of these can be found on *Mind's website* and *YouTube channel*. Further guidance and support about seeking help for a mental health problem, and what might happen at a GP appointment is provided by *Mind*.

The importance of being active when you have a mental health problem

Evidence shows that people with mental health problems are more likely than the general population to have physical health problems, yet they face additional barriers to becoming active. Having a mental health problem can increase the risk of developing serious physical health problems when compared to the wider population.

People with mental health problems are:

- ◆ Twice as likely to die from heart disease^{xi}
- ◆ Four times as likely to die from respiratory disease^{xii}
- ◆ On average, likely to die between 10 and 17 years earlier than the general population, if we have schizophrenia or bipolar disorder^{xii}

Having a long-term physical health condition can also increase the risk of developing a mental health problem such as anxiety or depression. For some people, the impact on their mental health can become more of a problem than the physical condition itself.

People with mental health problems may also experience further barriers as they are more likely to:

- ◆ have a poor diet due to neglecting self-care
- ◆ smoke or drink too much alcohol as a coping strategy
- ◆ be overweight or obese (this can be a side effect of taking some medications)

Exercise programmes and other treatments like cognitive behavioural therapy (CBT), other talking therapies and mindfulness have been shown to improve anxiety and depression, and quality of life for people with chronic illnesses.

xi Mind. Physical Activity, Sport and Mental Health.

xii *ibid*

xiii Jayatilake N, Chang C-K, Hayes RD, Dutta R, Shetty H, Hotopf M, Stewart R. Contributions of specific causes of death to loss of life expectancy in serious mental illness. In submission <https://www.thersa.org/action-and-research/rsa-projects/public-services-and-communities-folder/mental-health/long-life.html/>

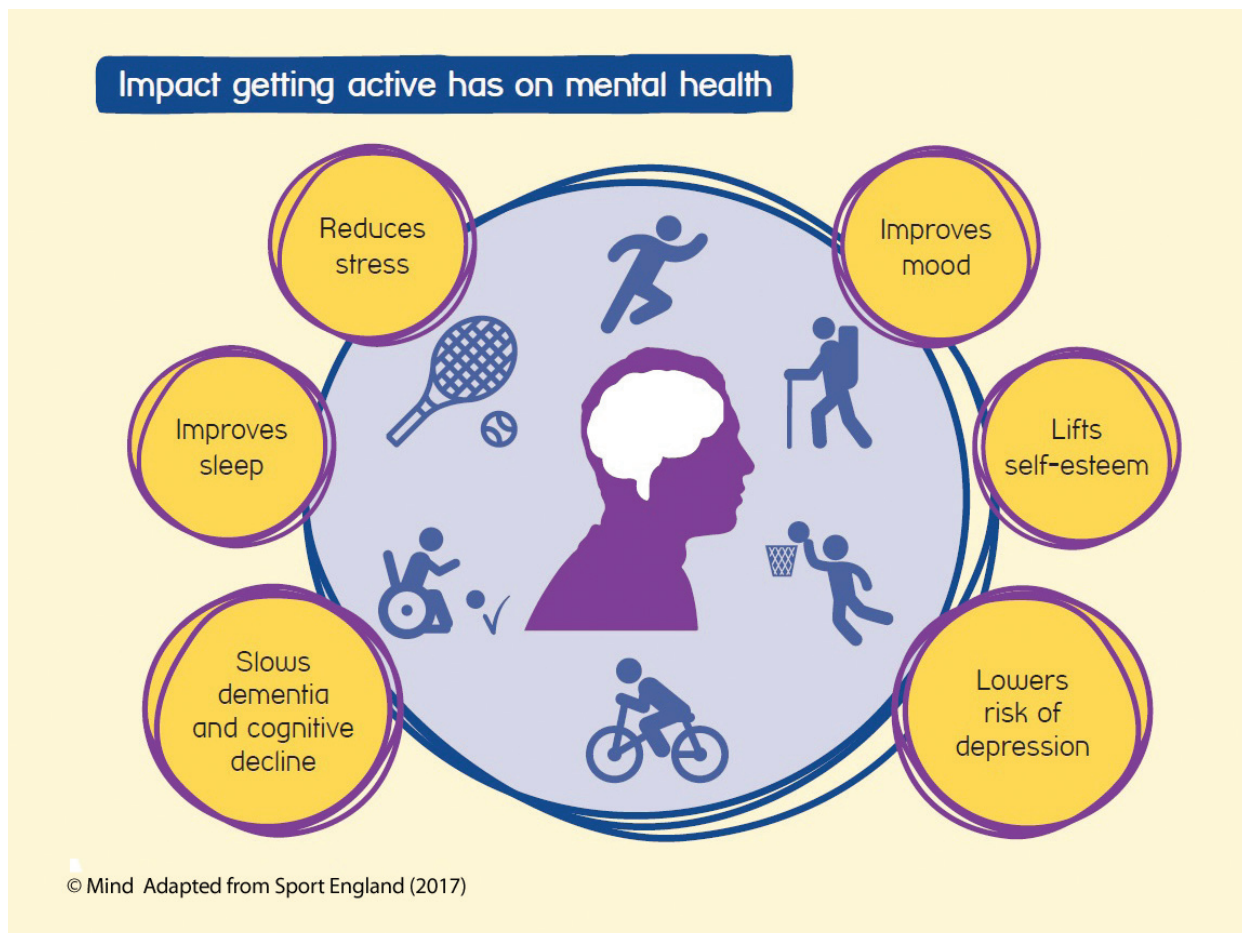
Benefits of regular participation in athletics and running

Regular participation in sport and physical activity has shown to have significant benefits on both our physical and mental health.

We know that getting active can have a positive impact on physical health, but it can really impact your mental health too. It can reduce the risk of depression by up to 30%^{xiv}, act as a mood lifter and improve self-esteem. It can also help to reduce stress and help people think more clearly.

For people who have a diagnosis of mild-to-moderate depression, their GP might suggest doing some exercise to help lift their mood. This is because regular exercise can be more effective at treating mild-to-moderate depression than taking antidepressants. A GP might even give a prescription for exercise, and make a referral to a specific programme at a local gym or health centre.

More information is available at www.mind.org.uk/sport



^{xiv} Department of Health PA, Health Improvement and Protection (2011). Start Active, Stay Active: A report on physical activity from the four home countries' Chief Medical Officers. London: Department of Health. Available at: https://www.sportengland.org/media/388152/dh_128210.pdf [Accessed on 22/05/18].

Case study: Sport in Mind

Sport in Mind® is an independent charity that works in partnership with the NHS and specialises in using sport and physical activity to improve the health and wellbeing of people experiencing mental health problems. To date the charity has used sport to help over 10,000 people.

Between 2015-17 the Sport in Mind sports programme delivered in partnership with the NHS engaged 4,000 people with mental health problems.

Before accessing the programme:

- ◆ 12% of participants were physically active
- ◆ 8% were engaging in mainstream sports provision
- ◆ 6% were in employment, training or education

At six months after initial engagement in the Sport in Mind programme:

- ◆ 88% showed improved mental wellbeing
- ◆ 91% continued to be physically active
- ◆ 29% had reengaged in mainstream sports provision
- ◆ 21% were back in employment, training or education

Participant feedback:

“Sport in Mind’s groups have played pivotal role in my recovery and helping me back into work”

“I didn’t have much to look forward to before I joined Sport in Mind, but now I live to play sport. It’s changed my life completely. I no longer feel depressed or scared to do things, and I’m back working full-time.”

“Sport in Mind have helped give me a positive focus and get my life back on track.”

“I’ve been through some hard times with depression, but joining Sport in Mind’s groups have made a massive difference to my life and for the first time in years I feel like I’m making huge strides on my road to recovery.”

Case study: Findings from programmes using physical activity to support mental health

Mind's Get Set to Go programme, the largest of its kind anywhere in the world, was launched with support of Sport England and the National Lottery in July 2015 to help people with mental health problems benefit from being physically active. The programme has since supported over 3,500 people with mental health problems get more active. After 6 months of taking part in Get Set to Go, 78% of people rated it as very good or excellent.

Participants in Get Set to Go increased their activity levels by an average of 1.3 days each week, and felt like they had more support available to them after taking part in the programme. They also felt it had improved their resilience and ability to cope.

The research, which was independently evaluated by experts from Loughborough University, worked with 1,000 participants to track their progress. You can read the full evaluation results at: www.mind.org.uk/gstgresults

Similarly, in 2014 **Sport in Mind** (www.sportinmind.org) conducted a study that examined the impact regular engagement in sport and physical activity has on the lives of people diagnosed with mental health conditions. The key findings from Sport in Mind's Sport and Mental Well-Being Study are listed below:

Mental health	Percentage of Participants:
◆ Improved feelings of well-being	92%
◆ Reduced levels of stress and anxiety	86%
◆ Reduced symptoms of depression	82%
◆ Improved self-esteem / confidence	91%
◆ Improved concentration and sleeping patterns	61%
◆ Reduced feelings of anger and frustration	65%
Physical Health and Social Inclusion	Percentage of Participants:
◆ Enhanced physical health	82%
◆ Healthy weight loss	87%
◆ Encourages social inclusion	77%
Lifestyle Changes	Percentage of Participants:
◆ Reduced consumption of alcohol	26%
◆ Reduced consumption of tobacco	21%
◆ Reduced consumption of illegal drugs	22%

Guidance and support for coaches, clubs and groups

Show that you CARE (©Mind 2016)*

Mind have developed the acronym CARE to help coaches think about the adaptations that they can incorporate to make their sessions even more inclusive. It is important to CARE about participants in the context of the sessions to help them to become physically active and to stay engaged, preventing relapse.

C (coaching and customer skills)

A good coach (or instructor) can coach anyone: they don't need to make technical adaptations for those of us with mental health problems, but they do need to see the individual and respond to their needs and motivations.

It's important to think about the customer experience before, during and after sessions to provide a positive experience.

- ◆ Can the coach be available at the start and the end of sessions?
- ◆ Can staff or volunteers follow up with participants that haven't turned up for several weeks to check in to see if they are okay?
- ◆ How do coaches rate customer experience? It's important to make every contact count with participants, keeping them engaged to prevent relapse.

A (awareness)

Understanding the individual and what is usual for them is really important.

- ◆ What support do they need and how do they want to be supported?
- ◆ What is their usual behaviour?
- ◆ What are their motivations to get active? Why now?

It is important to be aware of any change to a participant's usual behaviour and provide support as required. Do not make assumptions.

R (respect)

Staff and volunteers should be respectful of all participants and respect their individuality, their confidentiality and right for privacy. Do not ask intrusive questions or single people out, but do make sure coaches are supportive and make themselves available should they need to talk to participants in confidence.

E (empathy)

Whilst a coach may not know how an individual might feel, they can use their experiences to gain empathy with the participant. Staff and volunteers should put themselves in the participants' shoes: how do they want to be treated when they are unwell or in distress? Listen and be empathetic without being patronising or trying to solve their problems.

* The Inclusive Approach to Coaching 'CARE' must always include ©Mind 2016 after its use.

Mind worked with UK Coaching and Public Health England to develop a short animation about mental health in sports and physical activity settings.

Simple adaptations you can make to your sessions to make them more inclusive to people with mental health problems include:

- ◆ Considering the language and terminology used through marketing materials and during the sessions themselves. See here for further guidance.
- ◆ Get to know your participants and their individual needs. Do not make assumptions about what support they require.
- ◆ Get back to basics and ensure a good customer experience is provided from start to finish. This will help to make your sessions inclusive for everyone from offering time pre and post session to talk to you, following up after the sessions and seeking feedback to ensure your sessions are fun and accessible to everyone.
- ◆ Gain inspiration from people who are already getting active for their mental health, visit Mind's physical activity microsite <http://getsettogether.mind.org.uk/>
- ◆ Break down the stigma by starting conversations about mental health. Time to Change is a campaign run by Mind and Rethink Mental Illness. Access practical tips, resources and information at www.time-to-change.org.uk
- ◆ Sign up to the **Mental Health Charter for Sport and Recreation** – sports organisations are encouraged to sign up to the charter and agree to deliver an action plan to ensure that you promote the mental health of staff, coaches, volunteers and participants. The Charter steering group including Mind provide ongoing support to signatories.

Mind have also developed toolkits to help you think about how you can engage, support and sustain people with experience of mental health problems to get active. Further information can be found at: mind.org.uk/sport

Supporting someone experiencing poor mental health

There may be times when you are working with an individual who might be experiencing poor mental health, or a mental health crisis.

Some signs that a person may be starting to feel unwell include:

- ◆ acting withdrawn within sessions
- ◆ not coming back to sessions despite having been quite engaged in them previously
- ◆ behaving out of character
- ◆ lack of interest in the future
- ◆ disordered thoughts or feelings of confusion
- ◆ feelings of loss of control
- ◆ anxiety or panic attacks
- ◆ suicidal feelings or talking of harming themselves or others.

Please note that this is not an exhaustive list. Everyone experiences poor mental health in their own way so it is important not to make assumptions about how they're feeling. More information on how to support someone with a mental health problem can be found on the Mind website at: www.mind.org.uk/information-support/helping-someone-else

If you think someone is struggling with their mental health then it is important to seek support from local mental health providers and health professionals. These include:

- ◆ their GP, although note that this could be a difficult step and the individual may need support with this.
- ◆ your local Mind. You can find your nearest local Minds by searching Mind's interactive map at www.mind.org.uk/information-support/local-minds
- ◆ Mind's free online community, Elefriends (elefriends.org.uk), which is a safe supportive space for anyone aged 18+
- ◆ the Samaritans, who are there to listen at any time, 24 hours a day, 365 days a year (tel: 116 123).

However, there are also a number of actions you can take to help to provide immediate support.

- ◆ Discreetly ask if they need any support and ask what they find helpful.
- ◆ Ask if they have seen their GP or another health professional, or encourage them to contact their local Mind or another mental health organisation.

If someone discloses that they are self-harming or are feeling suicidal:

- ◆ Stay calm and ask if they want to talk about it. The most important thing you can do is talk to them about how they feel.
- ◆ Encourage them to get help.
- ◆ Ask them how you can help.
- ◆ Help them to stay safe – if someone is feeling suicidal and talks to you about intending to end their own life, stay with them. Remove anything that could cause harm.
- ◆ Help them think about positive things.
- ◆ If you are concerned that an individual is at risk of harming themselves or others, and when asked has made plans to do so, then seek urgent help from 999.
- ◆ Mind provide *further guidance* about support for someone who feels suicidal.

It's important to remember that you are not expected to be a mental health expert and the best thing you can do is to listen and reassure someone and signpost the individual to organisations that can provide the appropriate level of support.



#RunAndTalk

#RunAndTalk is an England Athletics initiative supported by Mind, the mental health charity, which aims to improve mental health through running in England by:

- ◆ getting people talking about mental health, sharing their experiences and removing stigma
- ◆ providing support and guidance to raise awareness of mental health problems
- ◆ supporting people experiencing mental health problems to be physically active through running, whether that is to support them in starting, returning to or continuing to run

The program has four main areas:



For more information, or to get involved, visit:
www.englandathletics.org/mentalhealth



Sport in Mind Case Study: Julia

After giving birth to my second child I experienced severe post natal depression. Although I had everything I had ever wanted; a loving husband, two amazing kids and a fantastic home I felt like something had changed inside of me. It's difficult to explain how I felt, but I basically lost interest in everything and no longer wanted to be around people. I felt silly going to the doctor about how I was feeling, but after months of suffering I felt I had no option. When the doctor diagnosed me with having post natal depression I was really shocked – depression was the type of illness that affected other people – not me! I was referred to numerous self-help groups and these helped slightly, but it was not until I joined **Sport in Mind's** groups and started exercising regularly that I really saw an improvement in my condition. I had read lots of articles about how sport and exercise can help depression, but if I'm totally honest I never really believed it until it helped me.

Playing sport and exercising hadn't really been a part of my life since my schooldays and in all honesty I never really liked it that much, but there was something different about joining **Sport in Mind's** sessions – they were fun, relaxed and it wasn't ever about how good you were. Attending the sessions helped me through some very dark days and enabled me to rediscover the old me, the woman that used to laugh and smile, and enjoy being around people. I don't know where I would be now if I hadn't gone along to their group that sunny, summer day... I guess it's probably not worth thinking about.

Sport in Mind Case Study: Andrew

I was always a keen sportsman at school and one of the top students academically for my year. In my A-level exams I was fortunate enough to achieve high enough grades to be accepted into my University of choice. In my gap year, whilst working as an office temp, I suffered my first panic attack, which was terrifying. Over the next 3 months I suffered a number of panic attacks with increasing frequency. It came to the point where I would have an attack every time I left the house... so I decided the best thing to do was not to go out.

For the next 18 months I barely left the house. I still had panic attacks occasionally at home, but they weren't as bad and I could just about cope. Every single day of my life I missed going out, I missed playing sport, being with my friends and doing what everyone else took for granted, but the truth was avoiding the panic attacks was far more important to me than leading a normal life. Eventually my family persuaded me to speak to someone about my condition. It was difficult; I didn't feel at all comfortable doing it, but I wanted to get well. I experienced a number of severe panic attacks whilst attending therapy sessions and decided to stop all therapy – it was much nicer staying at home than having to face my fear! Soon after making the decision to stop all therapy I learnt about **Sport in Mind**. The prospect of playing sport in a supported environment with other people who would understand what I was going through was an opportunity I really couldn't pass up. I began to attend the sessions on a regular basis even though leaving the house was terrifying. I continued to have panic attacks, which were as scary as ever, but because I had the sports sessions to focus upon and look forward to every week I pushed myself to attend.

I never really considered the sessions to be therapy at the time but attending the sessions helped me more than anyone will ever know. If that opportunity to play sport hadn't have been there for me I would just be sat at home now. I combined my cognitive behaviour therapy with playing as much sport as I could with **Sport in Mind** and over the course of a year my anxiety levels slowly began to reduce, enabling me to start leading a more normal life once more. Last October I finally started University and have now successfully completed my first year – everything is going really well!

Case study: Up and Running, Sevenoaks

As a coach with a history of depression myself, I have always been very open about my life and willing to share with people the ways that running has helped me. I was chatting to some of my runners about this one day, and afterwards one of them approached me. She is a clinical psychologist and said that in her clinical practice she felt that there was a need for a group to make running accessible to people with mental health conditions, particularly depression and anxiety, which are the conditions that vigorous exercise is felt to benefit most.



We established our group over eight years now, and our 21st group have just completed a 10 week introduction to running. We average 5 or 6 people per group, all of whom either have a diagnosis of depression and/or anxiety. Harriet (my psychologist colleague), assesses them using a mental health diagnostic questionnaire at the beginning of the course, and we re-run that at the end of the course, so we can ascertain whether there has been a measurable improvement in their mental health.

20 runners completed feedback forms in April 2012 and 90% said their mental well-being had improved. All of these runners said they felt their general fitness had improved and 90% said they would continue running in the future, with the remaining 10% saying they hoped they would be able to continue running.

The following comments are from some of our runners:

"I feel my mood has improved as a result of the running – I feel more cheerful and positive."

"My health has definitely improved mentally, physically and emotionally."

"I feel stronger and more positive. My family say I am less stressed and I am tackling more things."

"My increased levels of fitness have made me feel better mentally and I have a sense of pride and achievement about my running. It is also very helpful socially to run with others in a similar position."

"I have discovered how running outside improves how I feel mentally."

"My mood is definitely more balanced generally. I find running is a really good way to cope if I feel really stressed or upset. It really has helped me to feel better about myself."

We run the group as a very gentle 10 week beginners course, and ask the participants to meet up to do a 'homework' run in between. This helps them bond with each other, as our aim is to have them stay together and continue to run as a group after the course is over.

We keep in touch with them and give them support and encouragement where necessary, and at the end of each course we hold a 'graduate' run to which we invite all former as well as current participants so that they can get to meet each other, find new running partners, and check in with us so we can see how they are doing.

Training opportunities

EduCare Mental Wellbeing in Sport & Activity

This course was written in partnership with Jane Fylan, UK Athletics Duty of Care Lead and is endorsed by Double Olympic Gold Medallist, Dame Kelly Holmes MBE's 'The Running Mind' initiative. It is aimed at those who participate in sport and their support networks such as coaches, family and medical support staff.

Course objectives

- ◆ a greater awareness of common mental health disorders and their prevalence amongst sports people
- ◆ recognise some of the warning signs of common mental health disorders
- ◆ an increased understanding of how the pressures of sport can impact on mental health
- ◆ understand the health benefits of participating in sport and physical activity
- ◆ know what to do if you are concerned about someone
- ◆ know how to promote mental wellbeing in sport.

Find out more here: www.ulearnathletics.com/module/173



Mental Health Awareness for Sport and Physical Activity (MHASPA)

With support from UK Coaching, Mind have also developed a three-hour Mental Health Awareness for Sport and Physical Activity (MHASPA) training course, which has been specifically designed for staff and volunteers who would like to gain further knowledge of mental health in a sport and physical activity setting.

MHASPA is accredited with the Chartered Institute for the Management for Sport and Physical Activity (CIMSPA) and will help you think about how you can support people with mental health problems to overcome the barriers that stop them from being active.

Further information about MHASPA can be found at www.mind.org.uk/sport.

Mind and other mental health service providers also offer additional training courses including Mental Health Awareness, Mental Health First Aid and Managing Mental Health in the Workplace.

For further information, check out the 'Useful Organisations' section at the end of this guide.

Useful contacts

Sport and Physical Activity organisations

England Athletics

The National Governing Body for the sport of athletics in England. We have established a network of mental health champions and ambassadors across England who:

- ◆ promote mental wellbeing through running
- ◆ work with their club/group to support its members to improve their mental health through running.
- ◆ support new people who are experiencing mental health problems to start running, get back into running, or continue running.

We deliver the #RunAndTalk campaign where twice a year we ask people to get out for a jog or run with friends, family or colleagues and have a chat to support Time to Talk Day in February and World Mental Health Day in October.

Find out more at: www.englandathletics.org

Sport England

Non-departmental public body under the Department for Culture, Media and Sport, which helps people and communities across the country create sporting habits for life.

Find out more at: www.sportengland.org

County Sports Partnership Network (CSPN)

A nationwide network of regional County Sports Partnerships (CSPs) which are committed to improving lives by growing grassroots sport and physical activity.

You can find your nearest CSP by visiting www.cspnetwork.org

UK Coaching

The UK's technical agency for coaching, which has resources detailing how to promote good mental health through coaching.

Find out more at: www.ukcoaching.org

Activity Alliance

A national charity working to help organisations delivering sport and physical activity to support individual disabled people to be active and stay active for life.

Find out more at: www.activityalliance.org.uk/

Sport and Recreation Alliance

Umbrella body for sport and recreation in the UK. The Sport and Recreation Alliance alongside the Professional Players Federation and with support from Mind, have created the Mental Health Charter for Sport and Recreation.

The Mental Health Charter for Sport and Recreation sets out how sport can use its collective power to tackle mental ill health and the stigma that surrounds it.

Find out more at: www.sportandrecreation.org.uk

Mental health organisations

Mind

National mental health charity providing advice and support to empower anyone experiencing a mental health problem. Mind campaigns to improve services, raise awareness and promote understanding. They are also a federated network of local independent organisations delivering mental health services across England and Wales, including the Get Set to Go physical activity programme.

Find out more at: www.mind.org.uk

Sport in Mind

Sport in Mind is an independent mental health charity that works in partnership with the NHS to provide people experiencing mental health problems the opportunity to engage in sport and physical activity to improve their health and wellbeing.

Find out more at: www.sportinmind.org

Fitness in Mind

In partnership with Brentwood Leisure Trust, Fitness in Mind™ runs physical activity sessions that promote, encourage and provide physical activity as an aid to mental wellbeing. It is delivered by specially selected, qualified instructors, and friendly peer-support volunteers.

Find out more at: brentwood-centre.co.uk/sport-and-leisure/fitness-in-mind

Rethink Mental Illness

National charity that provides expert, accredited advice and information to everyone affected by mental health problems. They directly help thousands of people every year by delivering mental health services and support groups across England, ranging from psychological therapies and Crisis and Recovery Houses to peer support groups and housing services.

Find out more at: www.rethink.org

Time to Change

A campaign that challenges mental health stigma and Discrimination, which is at led by Mind and Rethink Mental Illness.

Find out more at: www.timetochange.org.uk

Mental Health First Aid England

Delivers courses that teach delegates how to recognise the signs and symptoms of common mental health conditions, provide help on a first aid basis and signpost towards support services.

Find out more at: www.mhfaengland.org

The Mental Health Foundation

Mental health research, policy and service improvement charity. They work to help people to survive, recover from and prevent mental health problems by carrying out research, developing practical solutions for better mental health services, campaigning to reduce stigma and discrimination and promoting better mental health for us all.

Find out more at: www.mentalhealth.org.uk

Together

A national mental health charity working alongside people with mental health issues on their journey towards independent and fulfilling lives.

Find out more at: www.together-uk.org