

Mental health support for sport & physical activity organisations



1. Make a commitment

- Sign the Mental Health Charter for Sport and Recreation
- Develop a mental health action plan
- Build mental health into your strategy

4. Raise awareness

- Promote your mental health work on social media and use #SportMinds
- Get involved in campaigns such as World Mental Health and Time to Talk Days, We Are Undefeatable, On Your Side and Every Mind Matters
- Share stories of the people you have supported

How can Mind support

We can support you wherever you are in your mental health journey. Follow the links above to better support and engage people experiencing mental health problems in sport and physical activity.



2. Take action

- Sign up to Mind's Physical Activity and Mental Health monthly newsletter
- Complete Mind's Mental Health Awareness for Sport and Physical Activity eLearning training
- Join the Regional Network in your area
- Take a look at Mind's Sport and Physical Activity for people with mental health problems: a toolkit for the sports sector plus other helpful resources
- Build your mental health knowledge by accessing Mind's information and resources

3. Take stock

- Review and update your mental health action plan on a regular basis
- See what other organisations are doing – check out case studies and good practice examples
- Take part in Mind's Workplace Wellbeing Index to see what you are doing well around mental health for your staff and where you could improve