



Resources to help you

At Mind we won't give up until everyone experiencing a mental health problem gets support and respect. We use sport and physical activity to build resilience, to enable and support mental health recovery and to tackle stigma.

We support a growing number of organisations within the sport and physical activity sector to do the same and, together with our partners, we have created a number of freely available resources to download, and opportunities to share best practice and the latest developments in this work.

Sector	Resources and support available
<p>Everyone</p>	<ul style="list-style-type: none"> • The sport and physical activity information pages on the Mind website (mind.org.uk/sport). Here you can learn about: <ul style="list-style-type: none"> ○ How the Get Set to Go programme has been helped thousands of people with mental health problems get active and feel better. ○ Toolkits for sport and mental health sector providers which provide guidance on planning, delivering, marketing and evaluating physical activity programmes that support mental health. ○ How being active impacts on both physical activity and mental health. ○ The Get Set to Go website which includes real-life examples of people who have overcome the common barriers that those of us with mental health problems have when trying to be more active (http://getsetto.go.mind.org.uk/). ○ Elefriends, Mind's online supportive community and animations supporting people to Get Active. (https://www.elefriends.org.uk/) • The work of the Mental Health Charter for Sport and Recreation, and how hundreds of organisations across the country have signed up to support better mental health. (https://www.sportandrecreation.org.uk/policy/the-mental-health-charter)
<p>Sport and physical activity sector</p>	<ul style="list-style-type: none"> • Brokering of relationships with local Minds and other mental health organisations. You can find your local Mind by searching the interactive map on our website (https://www.mind.org.uk/information-support/local-minds/) • Sharing of research, insight and evaluation tools.

	<ul style="list-style-type: none"> • Training such as our Mental Health Awareness for Sport and Physical Activity course that helps coaches to support those of us with a mental health problem to overcome barriers to getting active, know where to find expert mental health advice and to create an environment where people can talk confidently about mental health. • UK Coaching have developed an animation with Mind and Public Health England that helps coaches better understand how they can support people with experience of mental health problems in their sessions. (https://www.ukcoaching.org/resources/videos/promoting-good-mental-health-through-coaching) • Sharing of case studies and examples of good practice. • Support with communications including imagery and language. • Support to Mental Health Charter for Sport and Recreation signatories to bring their aspirations to life. • Workplace wellbeing resources, training and guidance (https://www.mind.org.uk/workplace/). This includes Thriving at Work for the Sport sector, which outlines what employers can do to better support all employees, including those with mental health problems, to remain in and thrive through work. • Our monthly Physical Activity team e-Newsletter which shares opportunities and updates from Mind and our partners. • A chance to meet other like-minded organisations at our Physical Activity and Mental Health Networking meetings.
<p>Mental health organisations</p>	<ul style="list-style-type: none"> • Our monthly e-Newsletter and Physical Activity and Mental Health Networking meetings (outlined above). • Brokering of relationships with sports and physical activity organisations, including County Sports Partnerships, national sports organisations and sports providers. • Sharing of research, insight and evaluation tools to support sport and physical activity locally.

	<ul style="list-style-type: none">• Sharing of case studies, examples of good practice and resources to widen access to sport and physical activity for those of us with mental health problems.
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To find out more about Mind's physical activity work and resources, or to sign up to the mailing lists for the newsletter and networking events, please contact sport@mind.org.uk