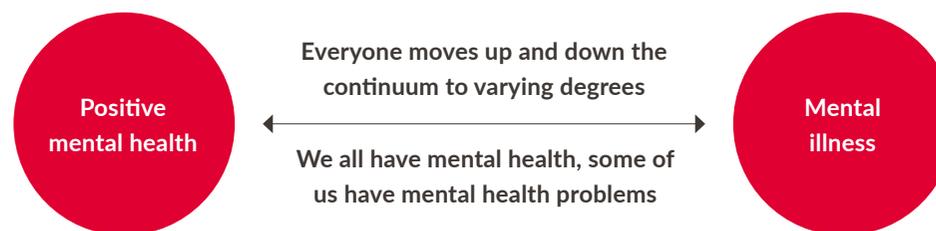




## CLUB SUPPORT FACTSHEET

# SUPPORTING CLUB MEMBERS WITH THEIR MENTAL HEALTH

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



© Mind Source World Health Organisation 2014

### Mental health – the facts\*

- ✓ Around 14 million people experience mental health problems in a given year in England, yet less than two million are in contact with specialist mental health services.
- ✓ 1 in 6 British workers are affected by conditions like anxiety, depression and stress.
- ✓ 1 in 3 visits to the GP are mental health related.
- ✓ On average, in the UK, 17 people take their own lives each day.
- ✓ 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) recommend it as a primary intervention for mild-to-moderate depression.

\*Statistics taken from Department of Health PA, Health Improvement and Protection (2011). Start Active, Stay Active: A report on physical activity from the four home countries'

While there may be common symptoms associated with mental health problems, remember that the way people experience them can be very different.

There are several mental health diagnoses, including:

- depression
- anxiety
- obsessive-compulsive disorder (OCD)
- phobias
- eating problems
- bipolar disorder
- schizophrenia
- personality disorders.

For more digital club support, visit the [England Athletics Club Hub](#)



More information and support about seeking help for a mental health problem can be found on [Mind's website](#)



## How to spot if someone is struggling with their mental health

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- acting withdrawn within sessions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.

## What to do if you think someone is struggling with their mental health

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
- Mind's free online community, [Side by Side](#), which is a safe supportive space for 18+
- the Samaritans, who are there to listen at any time, 24 hours a day (tel: 116 123).

**There are also things you can do 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 encourage them to contact 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 and 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.



For more digital club support, visit the [England Athletics Club Hub](#)



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



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

Evidence shows that people with mental health problems are more likely to have physical health problems, yet they face additional barriers to becoming active.

### People with mental health problems are:

- twice as likely to die from heart disease
- four times as likely to die from respiratory disease
- on average, likely to die between 10 and 17 years earlier than the general population if they have schizophrenia or bipolar disorder.

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).

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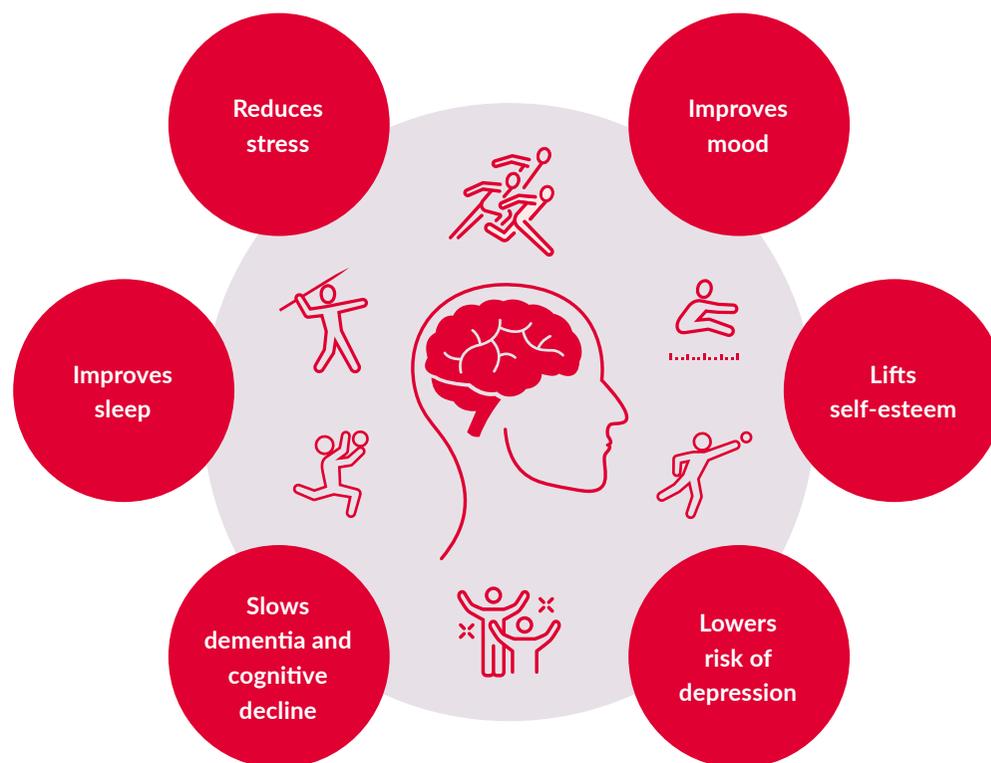
## Benefits of regular participation in athletics and running

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

It can reduce the risk of depression by up to **30%**, 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 prescribe exercise to help lift their mood. This is because regular exercise can be more effective at treating mild-to-moderate depression than taking antidepressants.

### Impact getting active has on mental health





For more digital club support, visit the [England Athletics Club Hub](#)

## Ways to support club members and show you CARE (©Mind 2016)

Mind have developed the acronym CARE to help leaders and coaches think about the adaptations that they can incorporate into their sessions to make them 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 leader or coach (or instructor) can coach anyone; they don't need to make technical adaptations for those 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 club member experience before, during and after sessions to provide a positive experience.

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



### A (awareness)

Understanding the individual and what is usual for them is 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)

Leaders, coaches 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 leaders and coaches are supportive and make themselves available should they need to talk to participants in confidence.



### E (empathy)

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