Think Active ‘Support through Sport’
Mental Health Commitment

For Community Sport and Physical Activity Clubs and Groups
What is the Think Active Support Through Sport Mental Health Commitment?

One in four of us will experience a mental health problem in any given year, mental health issues can affect any one of us and it’s almost certain that there will be participants in your organisation with mental health problems.

Think Active, in partnership with Springfield Mind and It Takes Balls to Talk, want to support sports clubs, groups and facilities to become confident and open about having a conversation about mental health.

By signing up to the Support Through Sport Mental Health Pledge, we’re asking you to get your participants, coaches, volunteers, parents, fans and local community talking about mental health so that your organisation becomes somewhere which encourages kindness and concern for others, where someone can go and feel comfortable that they will be treated well and be asked about themselves. Somewhere where talking and listening about feeling low or life pressures is OK and there is no stigma attached to talking about your mental health.

Why Get Involved:

By signing up to our Support Through Sport Mental Health Pledge, you will be able to ensure you are able to support your existing participants who may be struggling with life’s pressures whilst also making your activities more accessible to a wider audience as they know they will be treated with compassion and respect.

By committing to the Support Through Sport pledge your organisation will be able to access training, tips, ideas and resources, to get people talking. In return you will be able to use the Think Active Support through Sport Logo on all your marketing materials.

You can also choose to do an additional It Takes Balls to Talk session, including face to face training and Listening Mate resources.

What do we need to do?

In order to sign up to the Think Active Support Through Sport Mental Health Pledge your club or group will need to complete the following:

1. Identify a mental Health Champion or small working group within your club/ organisation.
2. Ensure that at least one person attends a mental health awareness course eg Mind Mental Health Awareness for Sport and Physical Activity Providers (MHASPA).
3. Develop a plan of actions your organisation is committed to working towards so as to provide a safe and supportive environment for anyone who may be experiencing mental health difficulties

What Support is available to help us?

- Access to training and support with action planning is available through Think Active, Springfield Mind and It Takes Balls to Talk
- An example action plan is available overleaf.
- Further information is available in the MIND toolkit ‘Sport and Physical Activity for People With Mental Health Problems: A Tool kit for the Sports Sector. This includes a section of the law, safeguarding considerations & managing risk.

It Takes Balls to Talk Free Offer!

It Takes Balls to Talk is a mental health awareness campaign encouraging men and people who care about them to talk about how they feel. Clubs and groups can choose to access the It Takes Balls to Talk Listening Mate and Suicide Awareness training.

Suicide continues to be three times more common in men than in women. It is also the single most common cause of death in men under 50, more common than Cancer and Road Traffic Accidents put together.

Training is delivered by a Registered Mental Health Professional. It helps develop confidence to talk about difficult mental health issues such as suicidal feelings and how to support one another with stress and low mood.

In return for running a Listening Mate Training Session for your club, you will not only understand how to be a Listening Mate but you will receive Listening Mate resources including pin badges, posters and messages to share on social media.

Clubs and organisations can also invite It Takes Balls to Talk volunteers to matches or events to help spread the Listening Mate message to fans and members and increase positive attitudes to mental health.

Next Steps

To get started, visit http://www.thinkactive.org/contact/sport.org and complete the online enquiry form to register your interest in working towards the Support Through Sport Pledge.
### Action Planning

Below is an example of an action plan to give you an idea of the type of actions your organisation could think about.

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<th>ACTIONS</th>
<th>ADVOCATE</th>
<th>PROGRAMMING</th>
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<td>Encourage participants, coaches, volunteers and parents in your organisation to Take the Time to Change Mental Health Quiz to see how much they know about Mental Health and get people talking.</td>
<td><strong>Set up a mental health champions group within your organisation to Advocate Mental Health Awareness and develop your Support Through Sport Mental Health Action Plan.</strong></td>
<td><strong>Offer introduction sessions/open days for new participants to come along and see what activities are on offer, view the facilities and ask questions.</strong></td>
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<td>Run an It Takes Balls to Talk Listening Mate Training course at your club. Run a Mind Mental Health Awareness workshop at your club.</td>
<td>Sign up to the Mental Health Charter for Sport and Recreation to demonstrate your support to removing the stigma around mental health within sport and recreation.</td>
<td>Provide targeted sessions for people with mental health problems that take into account the barriers that may make it difficult to them to take part e.g. starting later in the morning, smaller groups, or ensuring that the same coach is present each session and has received mental health awareness training.</td>
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<td>Display Listening Mate Posters in your clubs changing rooms and bar and highlight positive mental health messages on your social media accounts.</td>
<td>Ensure there is a social opportunity at the end of a session and demonstrate a positive and inclusive attitude to those with poor physical and mental health.</td>
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<td>Include the ‘Think Active Support through Sport Logo’ on all your social media, web page and posters to show that are committed to talking about mental health and supporting those who may have mental health difficulties. Show your support to mental health campaigns like the Take the Time to Change Campaign which aims to change the way we think an act about mental health.</td>
<td>Link with the Mind’s Get Set to Go project which supports people with mental health difficulties in Warwickshire to become active.</td>
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<td>Follow ‘It Takes Balls’ on Twitter and Facebook and like/share their posts. Participate in and promote videos demonstrating team members’ willingness to talk openly about their mental health.</td>
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Invite your local social prescribing navigator to visit your organisation so they can understand what you have to offer and advocate opportunities to their clients.

Invite It Takes Balls to Talk to a match or event to interact with fans and members.

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