Mental Health and Physical Activity Toolkit

Guide 1:

An introduction to mental health

About this guide

We've put together this guide to help you support and engage the mental health sector and people experiencing mental health problems.

Who is this guide for?
Anyone working or volunteering in sport and physical activity.

What does this guide cover?
Click on the headings below to go straight to the information you're looking for.

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What is mental health?

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What is mental health?

In many ways, mental health is just like physical health: everybody has it and we need to take care of it. Mental health is a continuum, ranging from good to poor.

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.

What is mental wellbeing?

Mental wellbeing doesn't have one set meaning. We might use wellbeing to talk about how we feel, how well we're coping with daily life or what feels possible right now.

Good mental wellbeing doesn't mean you're always happy or unaffected by your experiences. But poor mental wellbeing can make it more difficult to cope with daily life.

Looking after our mental wellbeing can help us deal with pressure and improve our ability to cope with life's ups and downs.

Find out more about <u>mental wellbeing</u>.

What are mental health problems?

Approximately one in four adults[1] and one in six children (5-16 year olds)[2] will experience a mental health problem in any given year. Common mental health problems include depression and anxiety, while rarer problems include schizophrenia and bipolar disorder.

Mental health problems can affect the way you think, feel and behave. They can affect anyone regardless of age, race, religion or income.

Mental health problems are usually diagnosed by a doctor or mental health specialist. Having a diagnosis does not necessarily mean that you are unwell right now. You could have a diagnosis of a mental health problem but, at the moment, be able to manage it and function well at work and at home. Equally, you might not have a diagnosis, but still be finding things very difficult. Everyone's experience is different and can change at different times.

Find out more about <u>mental health problems</u> and <u>diagnosis</u>.

1   NHS (2007). <u>Adult Psychiatric Morbidity in England – 2007, Results of a household survey</u>.
2   NHS (2020). <u>Mental Health of Children & Young People in England2020: Wave 1 follow up to the 2017 survey</u>.

How common are mental health problems?

- **One in four people will experience a mental health problem of some kind each year in England[3].**
- **One in six people report experiencing a common mental health problem (like anxiety and depression) in any given week in England[4].**

See for mental health facts and statistics including who's most affected by mental health problems.

Mental health language

The language around mental health can be confusing, especially as different terminology is widely used.

We use the phrase 'mental health problems', as many people have told us this feels helpful for them.

However, other people may feel terms such as 'mental illness' or 'mental health issues' describe their experiences better. And in some cultures, the term 'mental health' is not used at all. For example, Suffolk Mind use 'emotional health' in their The Qur'an and Emotional Health: An Introduction booklet to ensure it's relevant for Muslim communities.

See for information on mental health language and definitions.

Mental health myth busters

There are lots of myths and misconceptions around mental health. This can make it more difficult for people experiencing mental health problems to seek and find appropriate help, and fuels the stigma they face. They can also make it difficult for the public to understand mental health.

The Time to Change campaign raised awareness of mental health and aimed to end the stigma surrounding it. Delivered by Mind and Rethink Mental Illness, Time to Change produced videos, quizzes and a wide range of resources to help people discover more about mental health and separate the myths from the facts.

Myth

I can't do anything to support someone with a mental health problem.

Fact

There are lots of things you can do to make a difference to their life: check in, listen and don't judge, treat them in the same way and Ask Twice.

Myth

You can't recover from mental health problems.

Fact

It's possible to recover from mental health problems, and many people do – especially after accessing support. Symptoms may return from time to time but lots of people experiencing mental health problems still lead full lives.

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3   McManus, S et al (2009). Adult psychiatric morbidity in England, 2007: results of a household survey.

4   McManus S, Bebbington P, Jenkins R, Brugha T. (eds.) (2016). Mental health and wellbeing in England: Adult psychiatric morbidity survey 2014.

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What causes mental health problems?

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What causes mental health problems?

Mental health problems can have a wide range of [causes](#). It's likely many people experience a combination of causes – although some people may be more deeply affected by certain factors than others.

The following factors could potentially result in a period of poor mental health:

- [abuse](#), bullying, [trauma](#) or neglect
- social isolation or [loneliness](#)
- experiencing discrimination and stigma
- social disadvantage, poverty or debt
- [bereavement](#) (losing someone close to you)
- severe or long-term [stress](#)
- having a long-term physical health condition
- unemployment or losing your job
- [homelessness or poor housing](#)
- being a [long-term carer](#) for someone
- [drug and alcohol misuse](#)

Some people may be more likely to develop mental health problems because of their background and life circumstances. It can be hard enough living with a mental health problem. But when people also face stigma and discrimination because of their ethnicity, sexuality, disability or other life circumstances, things can be even harder.

Find out more about [these factors and mental health](#).

Self-care and treatment options for mental health problems

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Self-care and treatment options for mental health problems

Self-care

Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some from developing or getting worse.

Find out more about self-care and 8 relaxation tips for your mental health.

The New Economics Foundation's Five Ways to Wellbeing is a popular framework around self-care for mental wellbeing. You could think of it as your five a day for mental health.

As well as these ideas for self-care, there are some formal treatment options for people experiencing mental health problems.

Treatment options

The two most common forms of treatment offered for mental health problems through the NHS are talking therapies and psychiatric medication. The table below gives a few details about these, as well as some alternatives.

Medication	Psychiatric medication includes all drugs which can be prescribed to treat different types of mental health problems, or to reduce the symptoms. There are four main types of psychiatric medication: antidepressants, antipsychotics, sleeping pills and minor tranquillisers, and lithium and other mood stabilisers.
	You can find people talking about medication's effects on our YouTube channel.
Talking therapies	Involves talking to a trained professional about your thoughts and feelings. There are many different types of talking therapy, such as Cognitive Behavioural Therapy (CBT), but they all aim to give you a safe space and time to talk to someone who won't judge you. Watch a video guide to CBT on our YouTube channel.
Arts and creative therapies	Involves arts-based activities in a therapeutic environment with the support of a trained professional. Arts and creative therapies include dance movement, drama, music and visual art therapies.
Ecotherapy	Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. Ecotherapy is a formal type of therapeutic treatment which involves doing outdoor activities in nature including gardening, conservation and physical activity.
	You can hear from people who have benefited from getting active in nature on our YouTube channel.
Peer support	Peer support is when people use their own experiences to help each other. Types of peer support include community groups, mentoring, befriending, online communities (like our Side by Side community) and support groups.
	Roseanne from the Swift Tees community running group talks about how she found peer support through running in this video.
Sport and physical activity	Guide 2: The relationship between physical activity and mental health looks at how physical activity can support mental health.
	Mind's Get Set to Go programme changed lives with the support of Sport England and the National Lottery. Local Minds provided bespoke physical activity programmes to get people active. These programmes removed the barriers to physical activity for people experiencing mental health problems.

Find out more about the support available to manage and treat mental health problems.

Case study

Get it off your chest: men's mental health ten years on (2020)

Our report – [Get it off your chest: Men's mental health 10 years on](#) – explores how men's mental health has changed over the last ten years.

The findings show that there have been some improvements in men feeling able to seek help for their mental health, however, this comes in contrast to an increase in the amount of men experiencing mental health problems. It is clear there is more to be done to ensure that men feel able to access mental health support that both suits their needs and ideally provides early intervention.

The findings suggest men's preferred alternatives to being prescribed medication to support their mental health are face-to-face therapy and physical activity.
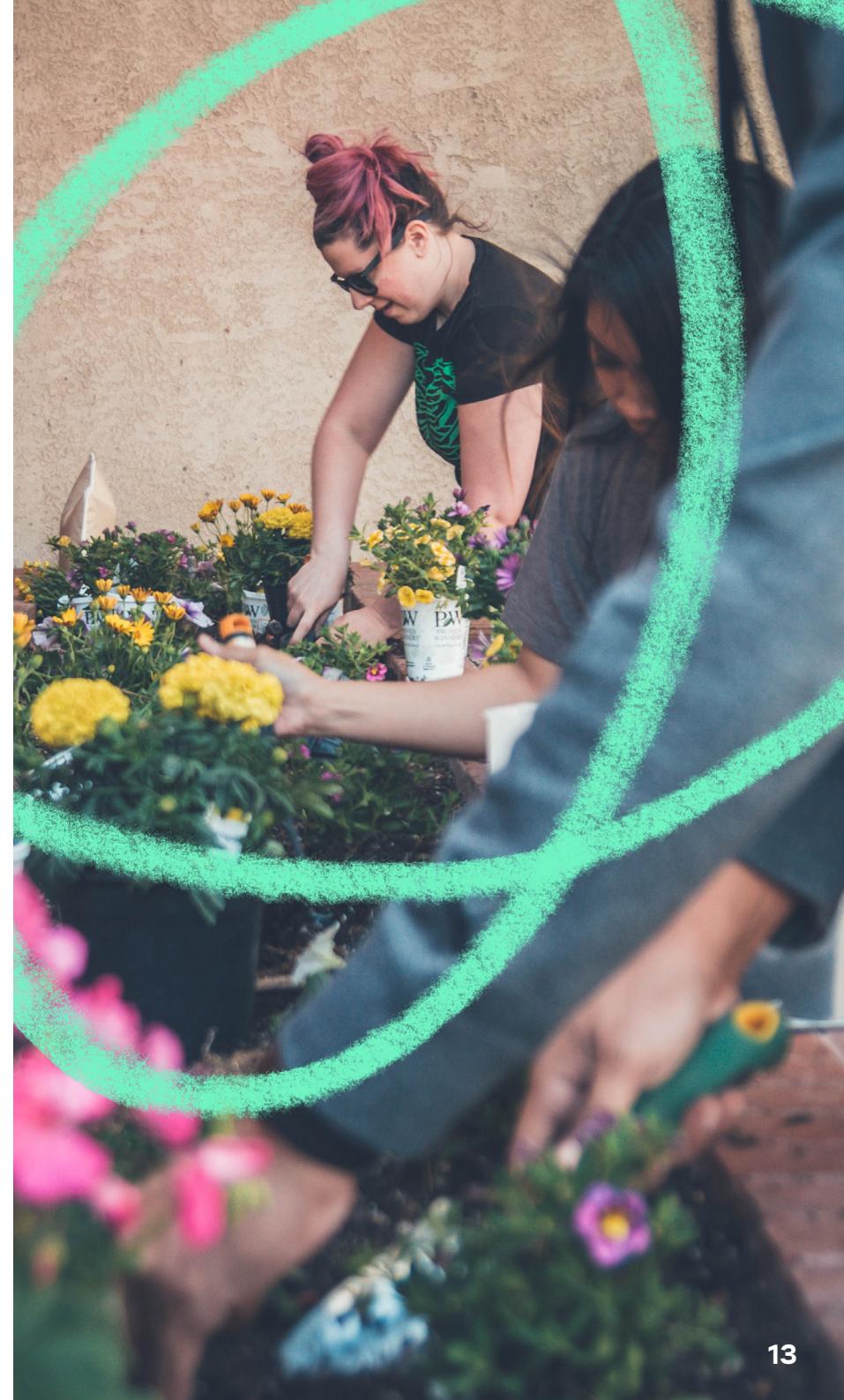
Working with the mental health sector

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Working with the mental health sector

The mental health sector can be confusing and challenging for sport and physical activity providers. This section will help you to better understand the sector and makes suggestions for how you could approach and work with it.

Take a look at The Kings Fund's Alternative guide to mental health care in England video below to see how mental health services work with other public and health provisions.

Case study

Springfield Mind and Think Active's joint post

As part of [Get Set to Go](#) funding, [Springfield Mind](#) and [Think Active](#) set up a joint staff post.

"I was working part-time for Springfield Mind, and part-time for Think Active," says Hayley Noel who took on the joint post to coordinate a physical activity programme for people experiencing mental health problems.

"By working for both organisations there was a direct way to share learning and opportunities. So Springfield Mind had a wealth of experience of mental health and Think Active had a wealth of experience on physical activity."

For example, Springfield Mind supported Hayley to take a Mental Health First Aid course and learn more about mental health. Hayley then took that learning back to Think Active to inform their programmes. Plus, with her experience in sports development, Hayley helped Springfield Mind staff see the value of physical activity first-hand.

Being based in both offices also benefited this joint approach. Hayley says she could naturally absorb conversations around sport and mental health and see how the two organisations could work together on new opportunities.

But it could be a challenge too. "Wearing both hats" meant that recognising the boundaries of both organisations was sometimes hard. So was staying on top of two inboxes, one for each organisation.

By bringing the two organisations closer together Hayley was able to act quickly when funding opportunities appeared. For example, a charity organisation secured funding to deliver a five-year men's mental health programme. Think Active were able to bring together this organisation and Springfield Mind to work together. This made it easier for referrers to signpost service users to the correct programme.

"Hayley working at Springfield Mind and Think Active has been a brilliant link between the mental health and physical activity sectors, perfectly mirroring how mental and physical health go hand in hand. Ultimately this partnership has helped both organisations in reaching their goals of better support for those living with mental health problems in the community."

Mel Campbell, Services Manager at Springfield Mind

Key organisations and the support they can provide the physical activity sector

The tables below highlights:

- types of care and support in the mental health sector in England
- key organisations in the mental health sector in England
- potential support they can provide the physical activity sector.

Find out more about the stakeholders listed in the tables below in   and   .

Type of organisation	What is it?	Key stakeholders*	Potential support for the physical activity sector
Primary care	Often the first point of contact for people who need healthcare.	• Mental Health lead • GPs, nurses and General Practice staff • Health visitors • Pharmacies • Social prescribing link workers	• A referral partner who can identify people who would benefit from physical activity and refer them to local activities. • Promote activities and events. • Link to local mental health networks. • Guidance on the type of support a person experiencing mental health problems may need before doing physical activity. • Support to signpost people to if they need mental health help.
Secondary care	Healthcare provided by a specialist upon referral from primary care. Usually in a clinical setting.	• Local Authority lead • • • Crisis Resolution and Home Treatment Team • Early Intervention Teams • Improving Access to Psychological Therapies (IAPT)	• A referral partner who can identify people who would benefit from physical activity and refer them to local activities. • Promote activities and events. • Link to local mental health networks.

*Please note that the names and structures of these stakeholders may vary between locations.

Type of organisation	What is it?	Key stakeholders*	Potential support for the physical activity sector
Secondary care	Healthcare provided by a specialist upon referral from primary care. Usually in a clinical setting.	• Mental health inpatient teams (wards and hospitals) • Occupational health teams • Private mental health providers • Psychiatrists, Psychological Wellbeing Practitioners (PWPs), Psychologists, Psychotherapists and Therapists	• A referral partner who can identify people who would benefit from physical activity and refer them to local activities. • Promote activities and events. • Link to local mental health networks.
Tertiary care	Highly specialised support and treatment for complex mental health needs.	• Inpatient Children and young people's mental health services (CYPMHS) • Secure forensic mental health services	• A referral partner who can identify people who would benefit from physical activity and refer them to local activities. • Link to local mental health networks.
Voluntary sector (also referred to as third sector or charity sector)	Non-governmental organisations that are not-for-profit.	• Community and faith groups • Every Mind Matters • Mental health charities including Mind, local Minds, Rethink Mental Illness and Samaritans (for a full list of charities please see Mental health charities) • Physical activity charities including Sport in Mind, Sporting Chance and State of Mind	• Mental health advice and information. • Resources and insight from programmes developed to support mental health through physical activity (like Get Set to Go). • Deliver mental health training courses. • Promote activities and events. • A referral partner who can signpost people to local activities. • Support to signpost people to if they need mental health help. • Trained volunteers who can provide peer support and mentoring to participants. • Guidance on how to involve people with lived experience of mental health in projects and activities. • Partner to help you access a broader range of funding.

*Please note that the names and structures of these stakeholders may vary between locations.

There are also a number of other stakeholders in the health, voluntary and public sectors that can support physical activity projects and sessions:

Type	Key stakeholders*	Potential support for the physical activity sector
Children and Young People (CYP) services	• Children and young people's mental health services (CYPMHS). These services are part of primary, secondary and tertiary care • Children's and youth centres • Nurseries • Schools, colleges and universities • Charities including Student Minds, Young Minds and The Mix	• A referral partner who can signpost CYP to local activities. • Promote activities and events. • CYP advice and information. • Guidance around involving CYP with lived experience of mental health in projects and activities. • Partner to help you access a broader range of funding.
Local authority	• Youth and community services • Social care services (you can find a series of video guides explaining how social care works on the King's Fund website)	• A referral partner who can signpost people to local activities. • Promote activities and events. • Support to signpost people to if they need mental health help.
Housing	• Housing associations	• A referral partner who can signpost people to local activities. • Promote activities and events. • Partner to help you access a broader range of funding.

There are calls for mental health services to be integrated with physical health provision. This is because physical health and mental health are interlinked – two thirds of people with a long-term physical health condition also have a co-morbid mental health problem[5]. This could reduce services working in isolation and ensure people receive effective support as early as possible.

*Please note that the names and structures of these stakeholders may vary between locations.

5   NHS. Long Term Conditions and Medically Unexplained Symptoms.

Case study

Tees Active and Middlesbrough and Stockton Mind partnership

Tees Active is a charitable trust providing sport, leisure, health and wellbeing services to communities in Stockton-on-Tees. They decided to improve their knowledge and understanding of mental health problems to ensure their services were inclusive. To help them, they built a partnership with their local Mind – Middlesbrough and Stockton Mind.

As part of the partnership, Tees Active offered free activities and sessions at their facilities to Middlesbrough and Stockton Mind's Get Set to Go participants. They were held in the afternoon, a traditionally quieter time of day and convenient for the local Mind's members. In return, Middlesbrough and Stockton Mind upskilled Tees Active's staff and coaches to improve their awareness of mental health.

Learning from the partnership included providing photos of the facility's entrances so people would know where to go. This helped reduce people's anxieties about starting an activity somewhere new.

On the back of the partnership, Tees Active, in collaboration with NHS Hartlepool and Stockton-on-Tees Clinical Commissioning Group, Middlesbrough and Stockton Mind and Catalyst, created their Active Minds project. 113 people took part in the project with 92% of those surveyed reporting an improvement in their mental wellbeing.

> **"The strength of the partnership is a result of the strong and positive personal relationships both organisations have worked to build, and the ability to support each other's services."**

Allan McDermott, Sports Academy Manager at Tees Active.

National and regional strategies influencing mental health

Below are strategies that influence mental health. You could consider how your service can complement these to help the mental health sector to achieve their objectives and priorities.

National strategies	
The NHS' Long Term Plan (2019)	Sets out the NHS' priorities for healthcare between 2019 and 2029 and shows how NHS funding will be used. **Key mental health elements include:** • Expanding support for perinatal mental health problems • Increasing funding for children and young people's mental health • Spending at least £2.3billion more a year on mental health care • Delivering community-based physical and mental care for 370,000 people with severe mental illness a year by 2023/24.
Transforming children and young people's mental health provision: a green paper (2017)	This green paper sets out the ambition that children and young people (CYP) who need help for their mental health can get it when they need it. **Key points are:** • Senior lead for mental health in schools/colleges to oversee the approach to mental health and wellbeing. • Mental health support teams (MHSTs) set up to address the needs of CYP with mild to moderate mental health problems, working with schools and colleges to link with more specialist NHS services. • Piloting reduced waiting times for NHS services for CYP who need specialist help.
Cross-Government Suicide Prevention Workplan (2019)	Sets out how the government will work with the NHS, local government and the voluntary sector to reduce suicides. Suicide prevention: fourth annual report sets out what has been done to reduce deaths by suicide during 2017 and 2018.
Together for Mental Health in Wales (2012)	Ten-year strategy to improve mental health and wellbeing across Wales. The Delivery Plan: 2019-22 can be found on the Welsh Government's website.

Local and regional strategies	
Sustainability and Transformation Partnerships (STPs)	Brings together all parts of the health sector, to show how they are planning to develop 'place-based plans' for the future of health and care services in their area. You can find more information about local STPs across England on the NHS website.
Health and wellbeing strategy	Determines the key health priorities in each local area.

Mental health campaigns

Below are some national campaigns and initiatives aimed at improving public health and wellbeing. You could consider how your service can complement and integrate with these to maximise your resources and increase impact.

Campaign	Overview	Potential support for the physical activity sector
Time to Change	Time to Change was established in 2007 to reduce mental health-related stigma and discrimination. It was a social movement working to change the way we all think and act about mental health problems.	• Downloadable resources, posters and assets. • A person story library to help people understand how mental health problems can impact people's lives. • Campaigns including Time to Talk Day, In Your Corner and Ask Twice. • Hubs and Champions for mental health support and guidance as well as routes to people with lived experience of mental health problems.
Public Health England's Every Mind Matters	A campaign to help people take simple steps to look after their mental health, improve their mental wellbeing and support others.	• A wellbeing support service you can signpost to. • Guidance on how to help people experiencing mental health problems. • Videos with tips on improving your mental health.
We Are Undefeatable	A movement supporting those with long-term health conditions, including mental health, to be more active.	• Guidance on how people with long-term health conditions can get active. • Personal stories from people with long-term health conditions around getting active.

Top tool

Our Stakeholder engagement tool (   ) can help you engage and approach mental health organisations.

Case study

GLL's Healthwise programme

Healthwise is a 12-week GP referral programme run by GLL. It's designed to support inactive people with long-term medical conditions to become more active.

At the start of the Healthwise programme, participants have a consultation with a member of staff to discuss their medical history, physical activity levels, the barriers they face and aspirations for being active. This person-centred approach is critical for the success of the programme.

Healthwise participants receive a tailored programme and are offered access to classes and courses designed to help them manage and improve their condition. They have the opportunity to review progress with staff throughout the programme so it can be adapted to meet their needs. At the end of the programme, participants are offered a discounted membership over a three-year period to encourage them to be physically active long term.

Healthwise staff are trained in Mental Health First Aid to help them support members around mental health and signpost to relevant specialist support if required.

"I've found the support and encouragement to go back to swimming that was provided by this initiative invaluable in helping me overcome my mental health challenges, and have started to feel more like the old me again. When I prioritise my swimming and general health over the demands in the rest of my life, I feel a lot better. It has made all the difference."

Healthwise participant.

Appendices

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Appendix 1 - Mental health facts and statistics

Here are some useful facts and statistics about mental health. The content may be triggering so please read with caution and if you require help please visit our [website](#).

- One in four people will experience a mental health problem of some kind each year in England[1].

- One in six people report experiencing a common mental health problem (like anxiety and depression) in any given week in England[2].

- On average, people with mental health problems die 15 to 20 years earlier than those without[3].

- 23% of Black or Black British people will experience a common mental health problem in any given week. This compares to 17% of White British people[2].

- Black or Black British groups are more than four times more likely to be detained under the Mental Health Act than White groups[4].

- Across the UK, men and women in the poorest fifth of the population are twice as likely to be at risk of developing mental health problems as those on an average income[5].

- On average, disabled adults report poorer wellbeing levels (including happiness, feeling worthwhile, life satisfaction and anxiety) than non-disabled people[6].

- Evidence suggests that people who identify as LGBTQ+ in England are two to three times more likely than heterosexual people to report having a longstanding mental health problem[7].

- In 2020, one in six children (5-16 years old) experience a probable mental health problem, up from one in nine in 2017[1].

- Half of all mental health problems have been established by the age of 14, rising to 75% by the age of 24[8].

- Failure to address the mental health of people with long-term physical health problems and poor management of medically unexplained symptoms costs the NHS in England more than £11billion a year[9].

You can find more on our [website](#).

1   McManus, S et al (2009). [Adult psychiatric morbidity in England, 2007: results of a household survey](#).
2   McManus S, Bebbington P, Jenkins R, Brugha T. (eds.) (2016). [Mental health and wellbeing in England: Adult psychiatric morbidity survey 2014](#).
3   The British Medical Journal (2013). [Premature death among people with mental illness](#).
4   NHS (2017). [Five Year Forward View for Mental Health: One Year On.](#)
5   Public Health England (2019). [Better mental health: JSNA toolkit: 2 Understanding place](#).
6   ONS (2019). [Disability, well-being and loneliness, UK: 2019.](#)
7   Elliott, Kanouse, Burkhart, Abel, Lyratzopoulos, Beckett, et al. (2015). [Sexual minorities in England have poorer health and worse health care experiences: a national survey.](#)
8   Mental Health Task Force (2016). [The Five Year Forward View for Mental Health](#)
9   Kings Fund (2016). [Bringing together physical and mental health: A new frontier for integrated care](#).

Appendix 2 - Mental health language

It is important that your language is as inclusive as possible. People have different ways of describing their own mental health and it is important that where possible you follow their lead.

Mental health problems, issues or illness

The language around mental health can be confusing, especially as different organisations use different terms.

At Mind, we use the phrase 'mental health problems' as many people who experience them have told us this feels helpful and appropriate for them. However, language like 'mental health conditions', 'issues' and 'illnesses' are generally accepted and used by other charities and organisations.

Language and terminology

Certain language can cause offence and may be inaccurate when used in news stories, publications, posters, documents or in everyday discussions. Here are the most common, as well as some alternative suggestions.

Avoid using	Instead try
'a psycho' or 'a schizo'	**'a person who has experienced psychosis' or 'a person who has schizophrenia'**
'a schizophrenic' or 'a depressive'	**someone who 'has a diagnosis of' is 'currently experiencing' or 'is being treated for…'**
'lunatic' 'nutter' 'unhinged' 'maniac' 'mad'	**'a person experiencing a mental health problem'**
'the mentally ill', 'a person suffering from' 'a sufferer', a 'victim' or 'the afflicted'	**'mental health patients' or 'people experiencing mental health problems'**
'prisoners' or 'inmates' (in a psychiatric hospital)	**'patients', 'service users' or 'clients'**
'released' (from a hospital)	**'discharged'**
'happy pills'	**'antidepressants', 'medication' or 'prescription drugs'**
'committed suicide'	**'died by suicide' or 'ended or took their life'**

Mental health definitions

This table defines some of the key terms used in mental health.
You can find a [full list of terms](#) on our website and a glossary as part of this toolkit.

Care Plan	A plan developed between a person and a team of mental health professionals, which outlines how their care will be coordinated.
Children and young people's mental health services (CYPMHS)	Services that support young people with their mental health including talking therapies, medication and possibly hospital treatment. You may also see the term children and adolescent mental health services (CAMHS) used. This is an older term for the main specialist NHS community service within the wider CYPMHS that may be available locally.
Clinical Commissioning Group (CCG)	Clinically-led statutory NHS bodies responsible for the planning and commissioning of health care services in each local area.
Commissioning	The process of looking at health needs in a local area and putting in place services to meet those needs. It's about setting priorities and paying providers (like NHS mental health trusts or local voluntary groups) to provide health services for local people.
Community Mental Health Teams (CMHTs)	Supports people living in the community who have complex or serious mental health problems. They include a range of mental health professionals including psychiatrists, psychologists and social workers.
Community Psychiatric Nurse (CPN) or Community Mental Health Nurses (CMHNs)	A registered nurse with specialist training who works with people receiving community-based mental health care (for example, care outside of hospital).
Comorbidity	When someone has more than one physical or mental health problem at the same time.
Counselling	See talking therapies.

Crisis	A [mental health crisis](#) is when a person feels at breaking point and needs urgent help. For example, someone might be feeling extremely anxious and having panic attacks, or self-harming or feeling suicidal.
Crisis Plan	The support a person might need if they're in a mental health crisis. It can include information about early warning signs, treatment preferences and childcare arrangements. Referred to as a joint crisis plan (JCP) if developed with mental health professionals.
Crisis services	Any service available at short notice to help someone resolve their crisis or support them while it is happening. Find out more on our [website](#).
Early intervention teams (EITs)	An early intervention team works with anyone who is experiencing a first episode of psychosis or is at significant risk of doing so.
Forensic or secure mental health service	Specialist services providing treatment for adults with mental health problems who are at significant risk of harming themselves or others. Patients are detained under the [Mental Health Act 1983](#).
Improving access to psychological therapies (IAPT)	A programme offering [talking therapies](#) for common mental health problems, such as anxiety and depression. Also referred to as 'psychological services (IAPT)' in some areas.
Lived experience engagement	Refers to involving [people with lived experience of mental health problems](#) in the development of new or existing services of projects. See [Guide 3: Involving people with lived experience of mental health problems](#) in the design and delivery of your work.
Local Mind(s)	There are a network of around 120 [local Minds](#) across England and Wales providing mental health services in local communities. They are their own independent charities but form Mind's federated network.
People with lived experience of mental health problems	This term includes people who directly experience mental health problems, people who support a family member or friend who experience mental health problems or those who work to support or care for them.
Psychiatrist	Psychiatrists are medically qualified doctors who diagnose and treat people with mental health problems.

Psychological Wellbeing Practitioner (PWP)	A Psychological Wellbeing Practitioner works within the Improving Access to Psychological Therapies (IAPT) service. They are trained to deliver talking therapies to help people understand and manage their emotions and behaviour.
Psychologist	Psychologists study the mind including how people think, feel and behave. There are different types of psychologists including sport psychologists. Clinical psychologists specialise in mental health and provide talking therapies to help people treat and manage their mental health problems. They do not diagnose mental health problems or prescribe treatment.
Psychotherapist	Provide talking therapies to help people treat and manage their mental health problems. They do not diagnose mental health problems or prescribe treatment.
Psychotherapy	See talking therapies.
Recovery College	A place where people with lived experience of mental health problems can work together to design and attend courses that wouldn't typically be offered in other educational settings (like courses in understanding recovery and peer support training).
Sectioning/being sectioned	Admitted to hospital for treatment of mental health problems under a section of the Mental Health Act 1983.
Social prescribing	When healthcare professionals refer people to community services that don't take place in traditional medical settings (for example, exercise classes, gardening sessions or art groups). You can find more information on the King's Fund website.
Talking therapies	Talking therapies cover a wide range of treatments which involve talking to a trained professional (such as a psychotherapist or counsellor) about your thoughts, feelings and behaviours. Usually there's very little difference between counselling, psychotherapy and psychological therapy – they all broadly refer to talking therapy. But sometimes they might indicate differences in who the therapist is, or refer to a specific type of talking therapy.

Appendix 3 - Mental health training

There are many mental health training courses available and it can be confusing to know what courses are appropriate and accredited. The table below lists the most popular and relevant.

Course	Overview
Mental Health Awareness for Sport and Physical Activity+ eLearning	This online course is aimed at everyone who works in clubs, community sport and physical activity – such as coaches, activators, front of house staff, administrators and volunteers. This course aims to give you the knowledge, skills and confidence to better understand and support people experiencing mental health problems, and create a positive environment that ensures they enjoy the benefits of being active and keep coming back for more.
Mind's Workplace wellbeing training	Poor mental health is now the number one reason for staff absence. Our mental health training offers a cost-effective way to promote mental wellbeing in your organisation and at home.

The following courses haven't been developed by Mind but we feel they may help to increase your knowledge and confidence around mental health.

Course	Overview
Mental Health First Aid (MHFA)	Mental Health First Aid aims to help you learn how to identify, understand and support someone who may be experiencing problems with their mental health. They have courses focused on adults, youth, higher education and armed forces. There are half-day, one-day or two-day options for each course. The courses are delivered by a range of organisations including many local Minds.
Zero Suicide Alliance training	Free online awareness course, which aims to provide a better understanding of the signs to look out for and the skills required to approach someone who may be having suicidal thoughts.
ASIST: Applied Suicide Intervention Skills Training	A two-day interactive workshop that focuses on how to provide suicide first aid interventions. It aims to upskill participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.
Loughborough University's Disordered Eating in Athletes	This online CPD course is designed to improve coaches' knowledge and confidence in identifying eating problems and to provide them with tools on how to support athletes who may be struggling.

Find out more about mental health courses.

Appendix 4 - Mental health charities

The table below lists many of the charities working in mental health.

Anxiety UK	A charity for those affected by anxiety, stress and anxiety-based depression. **Contact: support@anxietyuk.org.uk**
Beat	UK's leading eating disorder charity. They provide a national helpline and guidance to support those experiencing eating disorders. **Contact: help@beateatingdisorders.org.uk**
Bipolar UK	A charity supporting people affected by bipolar disorder. They provide information, advice and support by phone, email and through their website. **Contact: info@bipolaruk.org**
Campaign Against Living Miserably (CALM)	A charity dedicated to preventing male suicide. CALM offers support, advice, and pushes for changes in policy and practice in suicide prevention. **Contact: info@thecalmzone.net**
Mental Health Foundation	A charity specialising in research and policy development, with a focus on preventing mental health problems. **Contact: through a contact form on their website**
Mental Health Matters	A charity delivering services for people with mental health needs and other complex issues such as learning disabilities and drug and alcohol problems. **Contact: info@mhm.org.uk**
MindOut	A mental health service run by and for lesbians, gay men, bisexual, trans and queer people. **Contact: info@mindout.org.uk**
National Survivor User Network (NSUN)	A service-user-led charity that connects people with experience of mental health problems to give them a stronger voice in shaping policy and services. **Contact: info@nsun.org.uk**

Papyrus	A charity specialising in the prevention of young suicide (for people under 35). They provide support and advice to young people struggling, deliver suicide prevention projects and training, and shape policy around suicide prevention. **Contact: pat@papyrus-uk.org**
Rethink Mental Illness	A charity that runs services and support groups, campaigns for policy change and provides expert, accredited advice and information. **Contact: info@rethink.org**
Samaritans	A charity providing emotional support for anyone feeling down, experiencing distress or struggling to cope through their website and helpline. **Contact: admin@samaritans.org**
SANE	A charity working to improve the quality of life for people affected by mental illness. **Contact: info@sane.org.uk**
Scottish Association for Mental Health (SAMH)	Scotland's leading mental health charity. They provide help, information, and campaigns on behalf of people experiencing mental health problems. **Contact: enquire@samh.org.uk**
Student Minds	A student mental health charity that delivers training, campaigns for better student mental health and facilitates peer support projects. **Contact: info@studentminds.org.uk**
Together	A charity providing a range of services to meet the different needs of people experiencing mental health problems. **Contact: contact-us@together-uk.org**
Young Minds	A charity committed to improving the mental health of all children and young people. Provides information for both parents and young people. **Contact: ymenquiries@youngminds.org.uk**

Appendix 5 - Stakeholder engagement tool

This tool can help you engage and approach appropriate stakeholders. First, answer the following questions to help you identify appropriate stakeholders.

Question	Considerations	Answer
What am I aiming to do and why?	What are the outcomes you are trying to achieve?	
What support do I need to achieve this?	Think about training (see), expertise, funding, promotion and links to target audience.	
Who can provide this support?	What organisations provide the support you need to achieve your aims and outcomes? Organisations in the voluntary sector may be a good starting place.	

Next, answer the questions below for ideas on how to approach your identified stakeholders.

Question	Considerations	Answer
What are the stakeholder's key priorities?	Look at their website and search for information like their strategy, priorities and the challenges they are trying to overcome. Research the key national and regional strategies and mental health campaigns shaping their work.	
How can my service help them to achieve this?	Think about the support you can provide them. For example, a service they can refer their users to, equipment, venue, coaches and workforce, promotion and training.	
Have they been involved or used physical activity to achieve their outcomes before?	See if they have any information on their website or contact them directly.	

Question	Considerations	Answer
Is there any research, statistics or case studies demonstrating the positive impact of working together?	This may encourage them to work with you. Guide 2: The relationship between physical activity and mental health, showcases the benefits of physical activity on mental health which may be useful when contacting stakeholders.	
Who is the best person to contact?	Can you find out who is the organisation's decision-maker? Are there any staff who could champion your enquiry? Maybe they have a passion for, or are involved in, sport and physical activity.	
How is best to contact them?	If you have a named contact then it may be best to email them and follow up with a phone call.	

Have a question or would like more information?

You can find more information at mind.org.uk.
Or why not take a look at the other guides in our
Mental Health and Physical Activity Toolkit.

If you have any further questions, please contact
our Physical Activity team at sport@mind.org.uk.

Produced with support from