

Mental Health Awareness and Education – the Swim England approach

Introduction

Swim England is aware that athletes on the pathway are coming forward indicating they have mental health issues. Results from the British Swimming central screening show that the prevalence of mental health issues in elite swimmers are in keeping with that of the general population. This means that up to 20% of swimmers may have issues with mental health.

We want to help all our athletes, coaches, staff and volunteers to have positive mental wellbeing.

But just like with physical wellbeing, when mental wellbeing isn't as positive as you'd like, help may be needed.

We've...Got UR Back is a Swim England campaign to support positive mental health. We will be producing a video for use at open meets, regional and county championships and for our web site to highlight mental wellbeing. We are continuing to work with the National Youth Advisory Panel to create resources which can be used by young people.

Awareness

We have also produced a Mental Health Pathway which is on the website. We would like to encourage clubs to download and put it on their noticeboards and other key areas to raise awareness of the support available. This should help if an athlete, coach, staff or volunteer is having difficulties. It highlights where people can get help and gives some numbers and website links for charities who have help lines for emergencies.

To continue to raise awareness via social media, we would also encourage regions, counties and clubs to place this pathway on their websites as well as include it in communication to clubs and members.

Education

Swim England will be hosting a series of online webinars for coaches, staff and volunteers to present more information about mental wellness.

*This first webinar is Tuesday **10th December at 8pm**. The session will last 45 minutes with an opportunity for questions at the end of the session.*

This session will also be recorded and subsequently published online. Based on feedback, we will seek to deliver further sessions during 2020.

If anyone would like any more information on the above please contact:

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Mental Health First Aid training courses available to book for clubs, counties and regions

Raising Awareness Education

Mind, the Mental Health Charity, has been supported by Sport England to develop a workshop to raise awareness of the importance of mental health. This is an online or face to face course which will give knowledge, skills and confidence to better understand and support people living with mental health problems, and create a positive environment that ensures they enjoy the benefits of being active and keep coming back:-

<https://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/elearning-mental-health-awareness-for-sport-and-physical-activity/?ctald=/about-us/our-policy-work/sport-physical-activity-and-mental-health/slices/mhaspa-training/>

Mental Health First Aid Education

Several organisations offer training in mental health first aid which helps attendees understand the signs and symptoms of individuals experiencing mental health difficulties and provides guidance on where signpost those who are struggling. Each is offered in either a 3 hour, 1 day or 2 day course and we recommend that you research the content before deciding on which course meets your individual needs.

The following courses are available:

- Adult mental health first aid
- Youth mental health first aid- This YMHFA course de-stigmatises mental ill health and attendees report greater confidence in managing situations where young people do present with troubling symptoms.

The main 4 organisations offering the training are:

1. Mental health First Aid England

<https://mhfaengland.org/>

The link above takes you to the mental health first Aid England web page where you can book directly with the Adult or Youth session

This can be booked for 16 participants to attend a venue of your choice

2. St Johns Ambulance

<http://www.sja.org.uk/sja/training-courses/mental-health-first-aid/mental-health-first-aid-aid.aspx>

This can be booked for individuals rather than a group session

3. Street Games

Street Games teaches a Mental Health First Aid course that is adapted to the sports environment

<https://network.streetgames.org/youth-mental-health-first-aid-0>

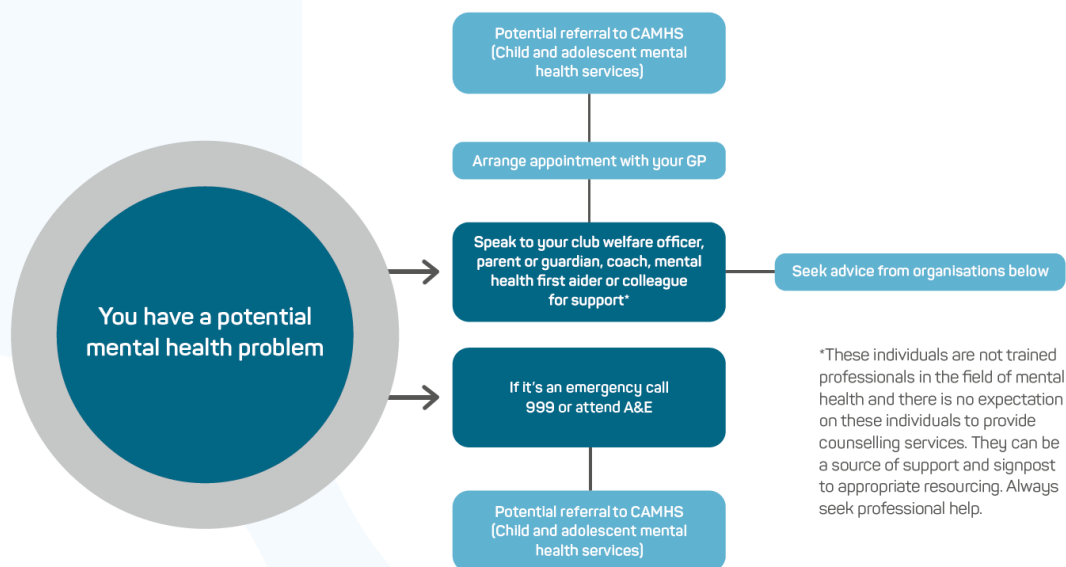
4. First Aid Awards

First Aid Awards is an awarding organisation specialising in first aid, health & safety, food safety, safeguarding and related qualifications.

First Aid Awards (FAA) are regulated by Ofqual and SQA Accreditation and our qualifications sit on the Regulated Qualifications Framework (RQF) and Scottish Credit and Qualifications Framework (SCQF).

- <http://www.firstaidawards.com/about/>

Mental Health Help



Help lines available

Samaritans

Free phone: 116 123
[samaritans.org/how-we-can-help/contact-samaritan/](https://www.samaritans.org/how-we-can-help/contact-samaritan/)

Mind

Helpline: 0300 123 3393
Text: 86463
[mind.org.uk/information-support/helplines/](https://www.mind.org.uk/information-support/helplines/)

NHS mental health helplines

[nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/)

The Mix

Free phone: 0808 808 4994 (13:00-23:00 daily)
[themix.org.uk](https://www.themix.org.uk)
If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.

Self-Harm

[youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/](https://www.youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/)

Eating Disorders

BEAT (beating Eating Disorders)

Helpline: 0808 801 0677
Youthline: 0808 801 0711
[beateatingdisorders.org.uk/](https://www.beateatingdisorders.org.uk/)

Childline

Help line available specific for young people

Free phone: 0800 1111
[childline.org.uk/info-advice/](https://www.childline.org.uk/info-advice/)

Swimline

Helpline: 0808 100 4001

