

What can you do to help others?

- Just listen
- Provide welcoming & non judgemental environments
- Check in on players, supporters friends, colleagues or fellow volunteers
- Inform peers & colleagues about information, campaigns & services
- Don't feel like you have to have all the answers



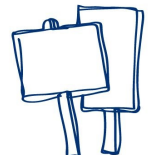
Contact Us

Havant & East Hants Mind
Leigh Park Community Centre
Dunsbury way, Havant,
Hampshire, PO95BG
02392498916
info@easthantsmind.org
www.easthantsmind.org



Mental Health Ambassadors in sports clubs

www.easthantsmind.org
Registered charity no. 1116301





Who we are

Havant & East Hants Mind is a local charity working to promote good mental health across Havant Borough and East Hampshire District. We seek to support & empower people to lead a full life as part of their local community. We are an entirely local organisation raising & spending all our funds in Havant & East Hampshire. Our Trustees, staff & volunteers are local people often with lived experience of mental health issues. We are affiliated to national Mind organisation but not funded by them. We deliver local mental health & wellbeing services for all.

Our services include

- Children & young peoples wellbeing
- Family wellbeing
- Adult wellbeing
- Advocacy
- Training & workplace wellbeing
- Volunteering



National Mind is a separate charity. They raise awareness & help to lobby for political support for mental health & also provide some great free online resources. Additionally they support us to share good practice with other Local Minds & buy our leaflets & resources in bulk to help keep our costs low.

Mental Health Ambassador for sport clubs

Mental Health Ambassadors will be provided with the necessary support, guidance & resources from Havant & East Hants Mind to help them in their role. This will include:

- **Access to Havant & East Hants Mind Mental Health Ambassador T-shirts, information leaflets, fundraising suggestions pack & resources.**
- **A dedicated contact at Havant & East Hants Mind with regular “check ins” & a list of support services & contact details to signpost to support**
- **Access to other elements Mind’s Mental health training if you want it.**
- **Advice to set up events, fundraising pages promotions & support with all the communication resources you will need images, videos (that you can tweak to suit your club) & we can use our own links to reach wider audiences if you would like.**
- **People often wish to give support to their local Mind but if they select to support “Mind” rather than “Havant & East Hants Mind” funding will not come to us but rather go to National Mind. We also inform people of this difference.**



The HEH Mind Mental Health Ambassador Process for Sports Clubs



What Mental Health Ambassadors do:

- **Promote & talk.** Work with others in your club (e.g committee or team coaches) to promote the mental wellbeing of members. Provide information about local services & positive activities. Be determined to challenge the stigma & encourage conversation about the topic amongst club members.
- **Engage & plan.** Make links between your club/group with local mental health groups & organisations. Share the clubs plans for the year, involve us in your events or activities & encourage your club to get involved with ours.
- **Tweet & share.** Inform club/group members & followers via social media about Havant & East Hants Mind information, campaigns, events & services.
- **Learn more & advocate.** We will provide training for ambassadors and relevant topics and campaigns. Ambassadors can then if they wish share these with the club. This might include
- **Sharing Volunteer & fundraising opportunities.** Get involved & encourage others actively participate in volunteer opportunities to support people experiencing mental health problems.

To be a Mental Health Ambassador for your club/group you will need the agreement & support of your committee for your application (clubs/groups can have more than one Ambassador).

Mental Health Ambassador for sport clubs

Physical & mental health are inextricably linked. We are looking for Ambassadors who are committed to our cause of improving mental wellbeing through & within sport. The role of a Mental Health Ambassador is voluntary & only requires a small time commitment.

We are looking for Ambassadors who are/have:

- An open & non-judgmental attitude
- A positive, patient & tolerant approach
- A positive role model
- Behave in a professional, confidential & non-discriminatory manner at all times & promote equal opportunities for all
- Ideal but not essential- experience of a mental health problem, either personally or from a close relative or friend



You are not expected to be a mental health professional with responsibility for supporting people with complex mental health problems. People may confide in you but you will have training to make sure you feel confident in conversations & how to signpost to support.

An Ambassador badge



Generally you will be an approachable club member who champions the fact that you don't need to be an expert to support better health & wellbeing.

Statistics to consider

- Mental health illness affects 1 in 4 adults every year in the UK.
- 20% of adolescents may experience a mental health problem in any given year.¹
- 50% of mental health problems are established by age 14 & 75% by age 24 yrs. ²
- Suicide is the biggest killer of men under 45 & all genders under 35 in the UK.
- 303 people in Hampshire took their own life between 2014-16 that's nearly 2 a week.



- Only 27% of people who took their own life (2005 - 2015) had been in contact with mental health services in the year before they died.
- Mental health problems are the main causes of the burden of disease worldwide. In the UK, they are responsible for the largest burden of disease - 28% of the burden, compared to 16% each for cancer & heart disease.
- Research has found that 30% of people with a long-term physical health problem also have a mental health problem & 46% of people with a mental health problem also had a long-term physical health problem.

¹ WHO (2003). Caring for children & adolescents with mental disorders: Setting WHO directions. [online] Geneva: World Health Organization. Available at: http://www.who.int/mental_health/media/en/785.pdf [Accessed 14 Sep. 2015].

² Kessler RC, Berglund P, Demler O, Jin R, Merikangas KR, Walters EE. (2005). Lifetime Prevalence & Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry, 62 (6) pp. 593-602. doi:10.1001/archpsyc.62.6.593.



"I signed up as Mental Health Ambassador after my own experiences managing mental health.

At the time I was running with Victory Running Club, running really helped my recovery so we made the link with Havant Mind.

We began delivering walking groups as part of their 'Active Mind' programme & as an entry point for people to join our club.

Its been a very positive experience & I now volunteer for Mind on my other days off as well."

Cathy Beresford - Ambassador from Havant



"We worked with Havant and East Hants Mind on this years' national "Time to talk" campaign day. They provided some resources & we used the opportunity to talk to players & supporters on match day.

We want to make it easier for people to talk about their wellbeing, to be more aware of the help available & the things they can do to promote better mental health in themselves.

That's what we've always done as a club around physical health. Mental health & wellbeing is just one part of that we've maybe neglected in the past."

Wendy Wilson - Ambassador & Club Safeguarding Officer at Petersfield Rugby Club.



Ambassador training

The Mental Health Ambassador training will cover a range of topics & discussions. The aim of which will be to support Ambassadors to feel comfortable talking & listening to conversations about mental health, illness & wellness.

Their role as an Ambassador will be introduced, explained & explored. The training will include the following.

First 90 minutes—**available for all club members:**

- Increased basic awareness of mental health & wellbeing
- Risk factors vs protective factors
- Developing confidence & skills in starting conversations in club & community settings.



Second 90 minutes -**specific for Ambassadors:**

- Privacy, confidentiality, professionalism
- Fundraising & campaigns
- How to access your dedicated contact & all the resources
- Signposting & what services are out there for your club members.
- Communicating & template for events plans & communications.
- Time to address any questions or concerns about club specific issues.



Mental Health Ambassadors in sport

“Powerful & sensitive portrayals of mental health both educate the public & encourage people to seek help when they need it most.”

Andrew Flintoff at the Mind Media Awards 2016 discussed the important role of conversations about mental health within sport & the media.



Ambassadors National & Local Freddie Flintoff & Ropley Cricket Club

Havant & East Hants Mind will continue to identify & engage in discussion with as many sports clubs as is suitable & possible. If you or your club would be interested in talking further about Havant & East Hants Mind Mental Health Ambassadors please contact us (details on back page).



Images provided by: (portsmouth.co.uk), Ropley CC & (mind.org.uk)