

MENTAL HEALTH AND SUICIDE PREVENTION PROJECT LET'S TACKLE IT TOGETHER



DID YOU KNOW...

- Every year 38% of footballers report symptoms of depression and anxiety?
- Professional footballers will face up to 1 or more career threatening injuries meaning they are 4 times more likely to develop a mental health condition?
- 438 ex/professional footballers asked the PFA for mental health support in 2018?

OUR AIM:

Erewash Voluntary Action are delivering the Mental Health and Suicide Prevention Project across Derbyshire and Derby We aim to:

- Increase awareness of mental health issues
- Reduce male suicide rates
- Embed a positive culture for mental health and well-being in football clubs

OUR OFFER:

- Fully funded Mental Health and Suicide Prevention training
- Expert support to develop a Mental Health Policy and Action Plan
- Exclusive access to a Mental Health and Suicide Prevention Toolkit
- The opportunity to join a Mental Health First Aid Network

IF YOUR FOOTBALL CLUB WOULD LIKE TO
TAKE ADVANTAGE OF THIS OPPORTUNITY
CONTACT SONIA RICHARDSON AT:



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Mental Health & Suicide Prevention

Derby and Derbyshire

