

# Mental Health Awareness Week

10<sup>th</sup> – 16<sup>th</sup> May 2021

## Useful Resources + Links



# Mental Health Awareness Week

----- 10-16 May 2021



[Mental Health Awareness Week](#) is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. The Mental Health Foundation started the event 21 years ago. Each year the Foundation continues to set the theme, organise and host the Week. The event has grown to become one of the biggest awareness weeks across the UK and globally.

Mental Health Awareness Week is open to everyone. It is all about starting conversations about mental health and the things in our daily lives that can affect it. This year, the Mental Health Foundation want as many people as possible to think about connecting with nature and see how nature can improve our mental health.

The Mental Health Foundation said its research shows that during the Covid-19 pandemic, being in nature has been a popular way for people to make themselves feel better. The foundation is encouraging people to try and include more nature in their everyday lives.

Football is a great way to connect with nature whether its playing, spectating, officiating or helping in the many different ways, thousands of volunteers, help to provide safe football activities for our communities.

Training Tuesday has a range of videos (including an interactive video scenario for children and young people), facts & statistics, details of mental health courses, details of support services & how to support each other plus advice and resources from the Child Protection in Sport Unit.

**Rachael Wilks**

***Designated Safeguarding Officer***

Email: [Rachael.Wilks@nottinghamshirefa.com](mailto:Rachael.Wilks@nottinghamshirefa.com)

Mobile: 07415 238880

# Mental Health Awareness Week

----- 10-16 May 2021



## The facts and statistics on Mental Health

Mental Health Facts and Statistics

<https://www.mind.org.uk/media/7581/mental-health-facts-and-statistics.pdf>

A to Z of Mental Health

<https://www.mind.org.uk/information-support/a-z-mental-health/>

Mental Health Glossary

<https://www.mind.org.uk/media/7612/glossary-final.pdf>

Child Mental Health

<https://learning.nspcc.org.uk/child-health-development/child-mental-health>



## Mental Health Courses

Mental Health Awareness for Sport and Physical Activity - £12 (ideal for coaches)

<https://www.ukcoaching.org/courses/learn-at-home/mental-health-awareness-for-sport-and-physical-act>

Free psychological first aid course – Learn to support children and young people with their mental health

[https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people?utm\\_campaign=fl\\_bau&utm\\_medium=email&utm\\_source=marketing&utm\\_term=210425\\_BOW\\_UK&utm\\_content=body\\_link](https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people?utm_campaign=fl_bau&utm_medium=email&utm_source=marketing&utm_term=210425_BOW_UK&utm_content=body_link)

Free mental health course – Qualification to raise awareness of mental health and a range of mental health problems

<https://mentalhealthcourses.org.uk/children-and-young-peoples-mental-health/>

# Mental Health Awareness Week

10-16 May 2021



# Mental Health Awareness Week

10-16 May 2021



## Mental Health Courses

Free [Level 1 Award in Mental Health Awareness](https://www.reed.co.uk/courses/level-1-award-in-mental-health-awareness/298821#/courses/mental-health-training) - Gain an introductory level of knowledge and understanding in relation to mental health issues

<https://www.reed.co.uk/courses/level-1-award-in-mental-health-awareness/298821#/courses/mental-health-training>

Free Self-care and wellness workshop –

Thursday 10<sup>th</sup> June 2021 9am – 11am

<https://www.eventbrite.com/e/self-care-and-wellness-tickets-119695096255?aff=ebdssbonlinesearch>





## Child Protection in Sport Unit

Resources and advice for people who work with children in sport

<https://thecpsu.org.uk/help-advice/topics/mental-health-and-wellbeing/>

Sample Mental health and well-being statement – Ideal for clubs

<https://thecpsu.org.uk/media/445821/5037-cpsu-sample-mental-health-and-wellbeing-statement-apr-2020.pdf>



# Support Services for Children and Adults

Childline

<https://www.childline.org.uk/info-advice/your-feelings/mental-health/>

Samaritans

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Link to FA mental health support

<https://www.thefa.com/about-football-association/heads-up/crisis-messenger>



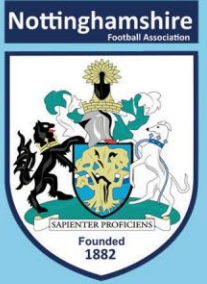
## Mental Health Awareness Week

----- 10-16 May 2021



# Mental Health Awareness Week

----- 10-16 May 2021



## How Children and Young People can support each other

How to support a friend with their mental health

<https://www.bbc.co.uk/bitesize/articles/zsf9r2p>

Finding the words – Interactive video scenario for children & young people

<https://www.bbc.co.uk/bitesize/articles/zwn7dp3>





# Mental Health Awareness Week

----- 10-16 May 2021



## How parents/ carers can support children & young people

Parent Tips for Mental Health

<https://www.bbc.co.uk/bitesize/articles/zy44bqt>

Chatting with your child about their mental health

<https://www.bbc.co.uk/bitesize/articles/zqv3sk7>



## Useful Videos

Why I'm fighting for Mental Health 2

<https://youtu.be/AUWhdmKyOE8>

Why I'm fighting for mental health 3

[https://youtu.be/a\\_LIZgAml-o](https://youtu.be/a_LIZgAml-o)

Dear younger me – How writing can help mental health

<https://www.bbc.co.uk/bitesize/articles/zj8r3j6>



# 10 TIPS TO HELP ATHLETES RETURN BACK TO SPORT



It will take a while to get back into a full routine. Ease yourself back in and develop a staged plan to return to sport



Check your kit, get it clean and organised



Plan your journey to training and think about any extra equipment you might need to stay safe as you travel



Go back to a time when you were really enjoying your training and remind yourself of the positive thoughts and emotions you experienced



Keep a training diary to reflect on how you are feeling and progressing as you return to sport



@BELIEVEPHQ

working with



Draw confidence from any mental or physical training you have been able to do during lockdown



If you feel nervous or anxious speak to your coach or teammates and ask for some support



If you start to feel overwhelmed by returning to full training, focus on completing one session at a time



Be curious about how effectively you can return to sport one step at a time



Plan weekly training sessions into your diary