

## Additional help and information

There are lots of sources of mental health guidance and support.

There are lots more information for sports coaches in The FA and Time to Change training workbook and resource pack which [you can download here](#).

[Time to Change](#) and [The FA](#) have produced two useful toolkits:

### **Setting up a successful football and mental health project**

The toolkit covers partnership working, recruiting coaches, removing barriers to participation, ensuring diversity, case studies, budgeting, administration and useful contacts.

### **Delivering a successful football and mental health project**

The toolkit covers coaching tips, marketing and promoting, content of the sessions, tips for successful communication, making training inclusive, links with health agencies and other projects, expanding the project, case studies and useful contacts.

Again these resource documents can be [downloaded here](#)

Find out more about [Time to Change here](#).

### **Mind and Rethink Mental Illness**

The mental health charities which run the Time to Change campaign have lots of information and resources about mental health issues.

There are also local branches of [Mind](#) and [Rethink Mental Illness](#). The services that each branch provide will vary, but there is likely to be a branch near you that will offer some support or information.

The Mind Info line provides information and guidance: 0300 123 3393 (Monday to Friday, 9am to 6pm) or [info@mind.org.uk](mailto:info@mind.org.uk)

The Rethink Advice and Information Service (Monday to Friday, 10am to 1pm) are available on 020 7840 3188 or [advice@rethink.org](mailto:advice@rethink.org)

### **Mental Health First Aid training**

Mental health emergencies within a club setting will be very rare. However, clubs may want to be prepared just in case of any serious problem. [Mental Health First Aid training](#) enables you to help people having a mental health problem, before professional help can arrive – just like traditional first aid training.

### **Samaritans**

If you are in crisis, the Samaritans can be contacted 24 hours a day, every day of the year - 08457 90 90 90 or [jo@samaritans.org](mailto:jo@samaritans.org)

## **Department of Health / NHS**

The [Department of Health](#) provides news, links to policy documents and search facilities on health and social care topics.

[NHS Symptoms Checker](#) has web pages containing information about all aspects of health.

## **County Football Associations**

Your local County FA will be able to provide support and guidance for:

- Coaches who want technical advice or support
- People with mental health problems who have a problem with a football opportunity, such as a club, league or a particular situation
- Clubs who want to ensure that their processes and policies are consistent with equality best practice

You can [find your local County FA here](#), and contact the Disability or Equality Lead in the first instance.

## **Sporting Chance Clinic**

The Sporting Chance Clinic specialise in the treatment of addictive illnesses (such as gambling, alcohol, drugs or sex) in athletes. Their [website](#) includes information that may be useful.

They also provide treatment packages. The clinic is funded by professional football organisations. This means that current or ex-professional footballers or academy players may be able to access their services without cost.

Treatment of other people is likely to incur a cost. For more detail, contact 0870 220 0714 or [info@sportingchanceclinic.com](mailto:info@sportingchanceclinic.com)

## **Drugs and alcohol**

[Frank](#) is a drugs information site aimed at young people, with an extensive database of commonly misused substances.

[Alcohol Concern](#) is the national agency on alcohol misuse. Call 020 7264 0510.