



Mental Health Charter for Sport and Recreation

Key messages for signatories

It's great that you've signed-up to the Mental Health Charter for Sport and Recreation. Here are some key messages that you might want to use when talking about the Charter within your organisation as well as externally:

- **The Mental Health Charter for Sport and Recreation** was developed by the sector for the sector by the Sport and Recreation Alliance, Professional Players Federation and the mental health charity Mind
- **The Charter aims to:**
 - create a welcoming, inclusive and positive environment for everyone to participate in sport and recreation
 - encourage people to talk about mental health
 - support people to seek help and support when needed
- **By signing up to the Charter, our organisation commits to:**
 - promote wellbeing
 - promote and adopt good mental health policies and best practice
 - promote positive messages using diverse role models and ambassadors
 - tackle discrimination
 - support a network to share resources and best practice
 - monitor your performance, assess progress and take positive action on mental health issues
- Over 280 organisations are now signed-up to the Charter (August 2017). We're proud to be one of those organisation and are committed to taking positive action around mental health and physical activity