

Mind Matters



The Professional Cricketers' Association (PCA) launched 'Mind Matters' in 2012 as an on-line educational resource for current and former cricketers to provide information on mental health, signs and symptoms as well as advice on where to go for help.



“The PCA provides a really good service, they are very supportive in helping you get through your difficult times.”

Andrew Flintoff, PCA President

“The quicker you open up the quicker you will get the support and help.”

Monty Panesar, PCA Mental Health Ambassador



'Mind Matters' tutorials form part of the educational resource and share current and former players' personal experiences of struggling with mental health issues.

'Mind Matters', which is part of the PCA's Mental Health Charter for Sport and Recreation action plan, also offers advice and specialist support through a 24-hour confidential helpline.

Highlights the PCA has achieved through its Mental Health Charter action plan:

- Launched Stress Free app to help players reduce stress and anxiety.
- Launched mental health ambassador scheme with professional cricketers to help educate and raise awareness amongst cricket players.
- Commissioned the play 'When the eye has gone' - which captured the story of professional cricketer Colin Milburn. The play was hosted at all 18 county cricket clubs to help players appreciate the importance of planning for life after cricket.
- The Mental Health Charter for Sport and Recreation launched in 2015, after which the PCA saw the biggest increase in players accessing their mental health support systems.

To join the Charter contact:
policy@sportandrecreation.org.uk

#SportMinds

