

Mental Health Charter for Sport and Recreation

Our vision is that the Mental Health Charter for Sport and Recreation will play an instrumental role in embedding mental health within the sport and recreation sector. It will also help create a culture shift in wider-society that removes the stigma around mental health.

By signing up to the Charter, you are committing to helping make this vision a reality.

We will achieve this by:

- Using the power of sport and recreation to promote wellbeing, with a special focus on encouraging physical activity and social interaction for their contribution to good mental health.
- Publicly promoting and adopting good mental health policies and best practice within our sports and recreational activities.
- Promoting positive public health messages using diverse role models and ambassadors to reduce the stigma attached to mental health problems.
- Actively tackling discrimination on the grounds of mental health to make sure that everyone is treated with dignity and respect.
- Supporting the establishment of a network to work closely with the mental health sector to develop resources and best practice.
- Regularly monitoring our performance, assessing progress and taking positive action on mental health issues.

To find out more or to add your support, visit:

www.sportandrecreation.org.uk/mental-health-charter

#SportMinds



