





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









The Mental Health Charter for Sport and Recreation came from a shared desire across sport and recreation to do more around mental health. It was launched in March 2015 with Deputy Prime Minister Rt Hon Nick Clegg MP. The Charter continues to grow as more organisations use the power of physical activity to support positive mental health and wellbeing.

Signatories will have:

- Better understanding of mental health problems and how to apply the learning from the Charter in their setting.
- Increased understanding of the benefits of physical activity on mental health.
- Increased confidence to deliver initiatives and programmes to get people physically active for their mental health.
- Increased confidence to support elite athletes especially through key transition points.
- Better understanding of how to create and promote an inclusive culture that enables people to talk about mental health, as well as signpost and provide direct support to people with mental health problems.
- Increased ability to influence relevant policy and practices.

Beneficiaries will have:

- Improved social capital and decreased social isolation.
- Improved mental and physical wellbeing.
- Increased access to signposting and support for mental health.
- Increased sense of freedom to talk about mental health as well as seek and receive the right support.

Government will have:

 Supported the Mental Health Charter resulting in increased investment, awareness and greater opportunities for people to improve their mental health by being physically active.

