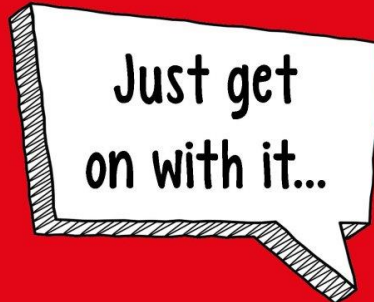
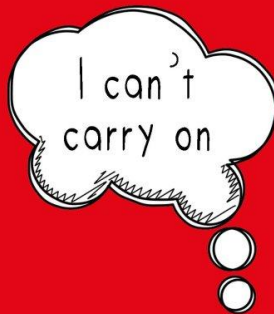


tass 

MENTAL HEALTH AWARENESS



What to watch out for:

- Sleeping too much or too little
- Poor eating
- Social isolation/withdrawal
- Mood swings
- Self-harming
- Issues with academic performance
- Sudden under-performance
- Irritability
- Over-training
- Lack of self-care
- Significant weight loss or gain
- Reduced motivation
- Feeling hopeless
- Previous mental health problems

Possible triggers for mental health problems:

- Transition as a student-athlete
- Academic stress
- Injuries
- Getting dropped from the team
- Other losses e.g. difficult bereavements, ending of relationships
- Disputes with the coach and/or team members

What to do?

- De-stigmatise and normalise
- Actively listen and remain non-judgemental, ensure that the student-athlete feels understood
- Discourage coaching staff from taking a "just toughen up and get on with it" approach
- Encourage the athlete to develop their support networks and other identities
- Sign-post to some of the resources below
- Refer on as appropriate

Who to refer to?

- TASS Private Health Scheme
- NHS - GP, Mental Health Services including IAPT
- College/University Counselling Services
- Other individuals with mental health training

Reference: Dr Jo Wood, 2017

Resources

Emergency numbers and helplines:

NHS 111 (for NHS services)
Child Line 0800 1111 (24 hours)
Samaritans 116 123 (24 hours)
Mind 0300 123 3393 (Mon-Fri, 9 to 6)
Sane 0845 767 8000 (6pm to 11pm every day)
Beat 0345 634 7650 (Mon-Wed, 1pm to 4pm)
Frank 0300 123 6600 (24 hours)

Websites:

www.youngminds.org.uk
www.themix.org.uk
www.minded.org.uk
www.b-eat.co.uk
www.talktofrank.com
www.alcoholconcern.org.uk

For Professionals:

<http://www.mind.org.uk/media/1085139/Mental-Health-and-Elite-Sport.pdf>
https://www.ncaa.org/sites/default/files/HS_Mental-Health-Best-Practices_20160317.pdf
www.NCAA.org/mentalhealth
<http://www.thepca.co.uk/mind-matters.html>
<http://www.thefa.com/football-rules-governance/policies/equality/mental->