

HEAD IN THE GAME



CHANGING THE WAY WE THINK
ABOUT MENTAL ~~HEALTH~~ AND
PHYSICAL HEALTH

STATISTICALLY,

the thing most likely
to kill me is me

THIS IS WHY HEAD IN THE GAME EXISTS

MENTAL HEALTH STATS



- 1 in 4 people in the UK will experience a mental health problem each year.
- 1 in 5 people in England report experiencing a common mental health problem (like anxiety or depression) in any given week
- 1 in 5 School age children and young people have a probable mental disorder. Only a third were able to access treatment last year in England.
- 2 in 3 football fans admit to struggling with their mental health
- 4 in 5 fans believe football is the icebreaker for their own mental health
- 1 in 4 people experience suicidal thoughts
- 1 in 15 will attempt suicide
- in 2024 7147 suicides were recorded

WHO ARE HEAD IN THE GAME

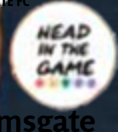


- Started in 2021
 - Men's Mental Fitness
 - Woman's Mental Fitness
 - New Sports
- Workplace/Clubs Mental Fitness



Manchester

Sheffield



Thanet

Ramsgate

Canterbury



Dover

Ashford



Hastings



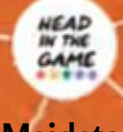
Tunbridge Wells



Maidstone



Medway



London

Brighton

Leeds

NO SUBSTITUTE FOR SUPPORT

HEAD IN THE GAME



Community
Sports
Trust



FOUNDATION



COMMUNITY TRUST
At The Heart Of The Community



WHAT CAN YOUR CLUB DO?



1 CLUB

1 HOUR

1 COMMUNITY



EARN THE BADGE
GET RECOGNITION



HEAD IN THE GAME



STARTING XI



@HITGCIO



Head In The Game

HEAD IN THE GAME



WHAT'S YOUR
STARTING 11?

GET INVOLVED

