

MENTAL HEALTH

It's well reported that physical activity can have a huge impact on well-being. Whether you're running targeted mental health sessions, or running open sessions, it's important to be aware how this can affect any participant.

THE BARRIERS

The below are the key barriers identified by Mind's 'Get Set to Go' research:

- Low Motivation**
- Lack of Time**
- Lack of Confidence**
- Cost of Attending Sessions**
- Psychological Barriers**



BREAKING THE BARRIERS!

- **Provide a phone and email contact so that participants can contact someone before the session to discuss what will be involved and any support they may require**
- **Ensure newcomers receive a positive greeting on arrival and are not left hovering at the door - adopting a buddy system might help newcomers settle in!**
- **As with any impairment, make sure you provide an opportunity in advance of the session for someone to tell you they have a mental health condition**
- **Speak to participants about what support they might need if they feel unwell during the session and have set procedures in place**
- **You don't need to have extensive knowledge of mental health to run sessions, but should be supportive of people's needs and be happy to talk openly about mental health if required**

INSIGHT

Regular physical activity can treat and prevent mental illness. Table tennis is a great platform for people to talk

"Sport in Mind's table tennis sessions have played a key role in my recovery. I've had sever depression for 6 years... but playing table tennis has provided me with that positive focus and motivation to out - it really has saved my life!"

Sport in Mind table tennis participant