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# Athlete Health Mental Health Referral Process



## Mental Health Support

- Mental health support provides athletes with the necessary resources and strategies to manage the unique challenges they face. It helps them cope with performance pressure, competition stress, injuries, and the demands of training
- By addressing mental health concerns, athletes can enhance their focus, motivation, and resilience, leading to improved performance on and off the table







## Tier 1 – Athletes Supported Through AMS



Athletes who are on the Athlete
Medical Scheme (AMS-which
provides extensive medical
insurance to support elite athletes
in their recovery from illness and
injury, delivered alongside the
UKSI), will fall under supervision of
Dr Phil Clelland as Chief Medical
Officer

Athletes within this group could receive Mental Health screening and any support triggered by the AMS system referred by Dr Phil with all medical records secure on PDMS

#### Tier 2 – TASS Athletes

- TASS supported athletes will receive mental health education and will be made aware of all mental health support mechanisms for self-referral
- Support is available for all TASS athletes via Sporting Chance
- Support is provided for any mental or emotional health issue
- This support is completely confidential, and fully funded by TASS
- An initial assessment will take place and then the appropriate follow up support will be arranged







## Tier 2 – TASS Athletes



Below are just some of the areas that Sporting Chance may be able to help with...

Anxiety

Low Mood

Eating Issues

Any other issues affecting how you think & feel

Pressure

**Financial Worries** 

Please state that you are a TASS supported athlete when you contact Sporting Chance

To access support, TASS athletes can:

Call or text Sporting Chance:

07500 000 777

Email Sporting Chance:

support@sportingchanceclinic.com

 Scan the QR code to fill out the contact form:







## Tier 3: Performance Squad Players





The mental health referral process for players in the GB Training Squad accessing General Practitioners (GPs) is a structured and supportive system designed to ensure the well-being of elite athletes. It prioritises mental health, aiming to provide prompt and effective care for any psychological concerns that may arise during the rigorous demands of competitive sports.



Mental health education through the BetterMe programme will be implemented to reduce stigma and create a culture of openness and support within the table tennis community.



This mental health referral process is a vital component of the holistic care provided to players in the GB Training Squad. It emphasises early intervention, support, and collaboration to ensure the mental and emotional well-being of elite players, enabling them to perform at their best both on and off the table.



# Mental Health Referral process for Performance Squad Players



#### 1: Player Self-Identification:

Players in the GB Training Squad are encouraged to be aware of their mental health and reach out when they feel they need support

#### 2: Support Personnel Observation:

Coaches and support staff will be trained to recognise signs of mental health issues in player, and they can encourage players to seek help

#### 3: Confidentiality:

Confidentiality is maintained throughout the process to ensure that athletes feel safe discussing their concerns

#### 4: Initial Consultation with the GP:

Players can schedule an appointment with their GP to discuss their mental health concerns

### 5: Referral to Mental Health Specialists:

If the GP identifies a need for specialised care, they may refer the player to mental health specialists, such as psychologists

#### 6: Care Plan Development:

A care plan is developed in collaboration with the player, mental health specialists, and the athlete's support network to address their specific needs and goals

#### 7: Ongoing Support:

Players receive ongoing support and treatment, which may include counselling or therapy

#### 8: Return to Play Considerations

The player's return to training and competition is carefully monitored, and recommendations are made based on their mental health progress

