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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

