

SNOWSPORT ENGLAND RESOURCES FOR MENTAL HEALTH AWARENESS

NB – Some of these helplines may not currently be manned, due to Covid-19 but there are plenty of helplines still available

Need help now?

- NHS 999 or 111 or go to your nearest A & E department
- Samaritans – 24 hour national FREEPHONE number is 116 123 – even free for mobile phones who are out of credit
- Childline – 24 hour - children can call 0800 1111

Organisations offering support

1. **CALM – Campaign Against Living Miserably** - Charity dedicated to preventing male suicide, the single biggest killer of men under the age of 45 in the UK. Call 0800 585858 (national) or 0808 802 5858 (London) 5pm – midnight, 365 days a year. Webchat <https://www.thecalmzone.net/help/webchat> - <https://www.thecalmzone.net>
2. **Elefriends** is a supportive online community for all ages, where you can listen, share and be heard by other people who have struggled at times. Elefriends.org.uk
3. **Hub of Hope** – Search facility to locate mental health services and resources local to you. <https://hubofhope.co.uk>
4. **Kooth** – is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. <https://kooth.com>
5. **Mental Health Foundation** - lots of information and resources for children and young people, parents, teachers etc including how to cope if you are struggling with your own mental health. <https://www.mentalhealth.org.uk/campaigns/mental-health-schools-make-it-count>
6. **MIND** – Wide range of services related to mental health. Has A-Z; Helping Someone Else; Guides to support and services; Tips for everyday living; Helplines; Leaflet on Physical Activity, sport and mental health; how to improve your mental wellbeing etc. Local Mind organisations offer different services including Mental Health 1st Aid training etc www.mind.org.uk
7. **Mind Ed** - free educational resource on children and young people’s mental health, for all adults. Also advice and information if you are concerned about the mental health of an older person. <https://www.minded.org.uk>
8. **PAPYRUS** – provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. HOPELINE - call 0800 068 4141 or text SMS: 07786 209697. <https://papyrus-uk.org>
9. **Place2Be** – Children’s mental health charity providing school-based support and in-depth training programmes to improve the emotional well-being of pupils, families, teachers and school staff. <https://place2be.org.uk>
10. **Rethink Mental Illness** – Range of support, advice and information services relating

to

mental illness. Runs over 200 mental health services and 150 support groups across England, including therapy services. Call 0300 5000 927 Mon – Fri 0930 to 1600 hours. <https://www.rethink.org>

11. **Samaritans** – Provide emotional support for people 24 hours a day, 365 days a year. They allow people to talk about feelings of distress and despair and are confidential and offer non-judgemental support. Phone 116 123 – freephone 24 hours a day, 7 days a week. E mail jo@samaritans.org. <https://www.samaritans.org>
12. **SaneLine** - Provides out of hours mental health and emotional support and information to anyone affected by mental ill health, including families, friends and carers. Call 0300 304 7000. https://sane.org.uk/what_we_do/support/helpline
13. **Sporting Chance** – Counselling services that understands elite sportsmen and women. Helped victims of the football abuse scandal in November 2016; drug, addiction, abuse etc. Ring in office hours to see if they can help – 07500 000 007. Goes through to a triage service and they put you in touch with the most appropriate counsellor. They charge for the service. <https://www.sportingchanceclinic.com/>
14. **Sport and Recreation Alliance** – Mental Health Charter - <https://www.sportandrecreation.org.uk/policy/the-mental-health-charter>
15. **Stamp Out Suicide** – Free counselling service for anyone having suicidal thoughts. 1000 – 0200 hours. Call 07766 808 222. <https://www.stampoutsuicide.co.uk>
16. **Students Against Depression** – Provides you with a calm environment and the resources to help you find a way forward. <https://www.studentsagainstd Depression.org>
17. **Time to Change** – Organisation working to change the way we all think and act about mental health problems and reduce the stigma. <https://www.time-to-change.org.uk>
18. **XenZone** – online counselling service using technology to create new ways for people (all ages) everywhere to access the very best mental health support and treatment. <https://xenzone.com>
19. **Young Minds** – Charity committed to improving the emotional wellbeing and mental health of children and young people. Parents helpline for parents concerned about their child’s mental health – 0808 802 5544 Mon – Fri 0930 to 1600 hours.

APPS

1. **Calm Harm** – Free to download from the app store or google play, this app is designed to help resist the urge to self-harm and offers a range of good distraction techniques to help people “ride the wave” when they feel the urge to self harm.
2. **For Me** – A Childline app offering advice on many topics, as well as supportive message boards and support from a counsellor.
3. **NHS WellMind** – Offers help with stress, anxiety and depression as well as a mood tracker, guided relaxation, a fun game and help in a crisis.
4. **SAM (Self-help for Anxiety Management)** – Helps to understand and manage anxiety with a range of self-help methods, including distraction activities and an anxiety tracker

5. **Self-Heal** – This is free to download from the app store or google play and is to help users resist the urge to self-harm, includes a visual distraction library and promotes recovery.
6. **Settle Your Glitter** – Shake up the glitter, match your breathing to the puffer fish and feel yourself become more focused and in control of emotions.
7. **Sleep Pillow** - Various sounds and mixes to enhance relaxation and sleep.
8. **StayAlive** – This app is a suicide prevention resource, with lots of useful information and tools to help you stay safe in crisis. You can use it if you are having suicidal thoughts or if you are concerned about someone else who may be considering suicide. Free to download from the app store or google play.
9. **Stop, Breathe and Think** - Short guided meditations, breathing and acupressure exercises suggested for our current emotions. Children’s version available.
10. **7 Cups** – Offers anonymous text chat with trained listeners available 24/7, as well as other helpful activities and advice.

BEREAVEMENT AND LOSS SUPPORT

1. **CRUSE** – Offers support, advice and information to children, young people and adults when someone dies. Call 0808 808 1677. <https://cruse.org.uk> Mon – Fri 0930 to 1700 hours.
2. **Hope Again – Young People Living Against Loss** - this is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people how to cope with grief, loss and feeling alone. Call 0808 808 1677 Mon – Fri 0930 to 1700 hours. <https://hopeagain.org.uk>
3. **Winston’s Wish** – Freephone National Helpline offering therapeutic advice following a bereavement, supporting children and young people and anyone who cares for them. Call 08088 020 021 – <https://www.winstonswish.org>

COURSES

1. Mental Health 1st Aid 3 hour – Contact your local MIND
2. Sport England Mental Health Training (3 hours) usually in association with MIND
3. Suicide Prevention and Awareness Training – 3 hour course (in association with MIND) – Contact your local MIND
4. 2 day Youth Mental Health First Aider courses – contact your local MIND
5. UK Coaching – Mental Health Awareness for Sport and Physical Activity – online course produced in association with Mind - <https://www.ukcoaching.org/courses/learn-at-home/mental-health-awareness-for-sport-and-physical-act> Usually £18 but free until the end of September 2020
6. Educare – Mental Wellbeing in Sport and Physical Activity – <https://www.educare.co.uk/courses/Mental-Wellbeing-in-Sport-and-Physical-Activity> £10.50 plus VAT
7. Open University – free course on Exercise and Mental Health including the role of exercise in reducing anxiety and depression; why does exercise improve mental

health. <https://www.open.edu/openlearn/health-sports-psychology/sport-fitness/exercise-and-mental-health/content-section-0?active-tab=content-tab>

PODCASTS

1. Adam Morris talks Mental Well-being – UK Coaching - <https://www.ukcoaching.org/resources/podcasts/adam-morris-talks-mental-well-being>
2. Exploring Coaching and Mental Well-Being – UK Coaching <https://www.ukcoaching.org/resources/podcasts/exploring-coaching-and-mental-well-being-with-spor>

ARTICLES

1. Mental Health in Coaching – UK Coaching - <https://www.ukcoaching.org/resources/expert-opinions/mental-health>
2. Promoting Good Mental Health Through Coaching (part 1) – UK Coaching - <https://www.ukcoaching.org/resources/diagram-inforgraphic/promoting-good-mental-health-through-coaching-1> Part 2 - <https://www.ukcoaching.org/resources/podcasts/adam-morris-talks-mental-well-being>
3. How do you Coach Young People when Life Changes? UK Coaching - <https://www.ukcoaching.org/resources/guides/how-do-you-coach-young-people-when-life-changes>

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