

# Mental Health Charter - key messages and key briefing points



## 10 messages and points on the Mental Health Charter

- 1) Everyone has mental health - good or bad.
- 2) Physical activity is a powerful way to prevent as well as treat mental ill-health.
- 3) The sport and recreation sector has come together to promote this message and to get more people to understand that physical activity has the power to change lives.
- 4) The Charter is by sport for sport. It's developed by PPF and the Alliance, with the support of Mind and Time to Change.
- 5) The Charter is designed to help tackle stigma, encourage conversations about mental health and promote physical activity as a way of preventing and dealing with mental health problems.
- 6) Top athletes are as likely as anybody else to have mental health problems – being good at a sport doesn't make you immune from poor mental health. In fact their job puts them in very difficult situations which can be highly stressful. We want the Charter to encourage elite athletes to spot the signs of poor mental health – in themselves and others – and to be able to have frank and honest conversations about mental health, to each other, to their employers and to the wider public.
- 7) All of the major sports and players associations have signed up and are committing themselves to address mental health within own activity.
- 8) There are lots of good programmes already going on e.g. Sporting Chance, State of Mind, confidential helplines e.g. LPP
- 9) Signatories will develop benchmarks and programmes with experts from Mind and Time to Change
- 10) They will work to monitor progress and we will revisit that on World Mental Health Day on 10 October with a national conference.

