

Mental Health Charter for Sport and Recreation

Our sports and recreational activities aim to create a welcoming, inclusive and positive environment for everyone - including our participants, professionals, volunteers and spectators.

We want to encourage people to discuss mental health and also to seek help and support when it is needed.

To achieve our aim we will:

- Use the power of sport and recreation to promote wellbeing, with a special focus on encouraging physical activity and social interaction for their contribution to good mental health.
- Publicly promote and adopt good mental health policies and best practice within our sports and recreational activities.
- Promote positive public health messages using diverse role models and ambassadors to reduce the stigma attached to mental health problems.
- Actively tackle discrimination on the grounds of mental health to ensure that everyone is treated with dignity and respect.
- Support the establishment of a pan-sport platform to work closely with the mental health sector to develop and share networks, resources and best practice.
- Regularly monitor our performance, assess progress and take positive action on mental health issues.

To find out more or to add your support, visit:
www.sportandrecreation.org.uk/mental-health-charter

#SportMinds

Supported by:



Organisations signed up to the Mental Health Charter for Sport and Recreation at its launch on 25 March 2015

National Governing Bodies



Player Associations



Other Bodies



Supported by:

