



for Scotland's mental health

SCOTLAND'S MENTAL
HEALTH CHARTER
FOR PHYSICAL
ACTIVITY & SPORT





Launched in 2018

Embed MH into all areas
of jogscotland's work

Our Action Plan

Jog Leader Education
Communications
Awareness Raising
Campaigns

ARE YOU READY TO TAKE ACTION?

As a community or club level signatory, we'll ask you to make four commitments:

- **PROMOTE:** Promote inclusive practices and approaches around mental health and wellbeing.
- **INCLUDE:** Embrace inclusion & create a positive & welcoming culture.
- **COLLABORATE:** Actively collaborate with & contribute to the Charter network & wider communities by sharing learning.
- **REFLECT:** Review & recognise impacts & achievements in supporting people's mental health & wellbeing.



Our organisation pledges to improve equality and reduce discrimination for anyone with a mental health problem, ensuring there is no barrier to engaging, participating and achieving in physical activity and sport.

A close-up photograph of a person's hands tying a light blue and white athletic shoe. The person is wearing a dark top. The background is a blurred outdoor setting. On the left side of the image, there are several vertical, overlapping bars in shades of blue and yellow, resembling a stylized graphic element.

TOOLKIT

Scotland's Mental
Health Charter for
**Physical Activity
and Sport**

SAMH RESOURCES

Whether living with a mental health problem or supporting someone who is – having access to the right information is vital.

SAMH has developed a series of [information resources](#) that might be useful.



UNDERSTANDING MENTAL HEALTH PROBLEMS

This booklet is an introduction to the most common mental health problems, explaining what they are, their possible causes and what help is available. It is written for people who have a mental health problem, and their friends, family or someone supporting them. It is available to download here.

www.samh.org.uk/documents/SAMH_Understanding_Mental_Health_Problems.pdf



UNDERSTANDING DEPRESSION

Those who are depressed may feel that nothing can help. But this is untrue. Most people recover from bouts of depression, and some even look back on it as a useful experience, which forced them to take stock of their lives and make changes in their life style.

Depression varies very much from person to person and can happen for one or more reasons (loss, childhood experiences, anger, life events etc.). Occasionally it may appear for no obvious reason. This booklet explains the symptoms of depression and details the treatments available. It is available to download here.

www.samh.org.uk/documents/SAMH_Understanding_Depression.pdf

FIVE WAYS TO BETTER WELLBEING

We all have mental health, just as we have physical health, and it's important to look after it.

There are lots of things we can do every day to support our wellbeing. The New Economic Foundation suggests the following five ways to better wellbeing.



Connect:

staying in touch with loved ones can make us feel happier and more secure.



Be active:

being active isn't just good for our physical health; it's also proven to have a positive effect on our mental health and wellbeing.



Take notice:

whether you're spending time with friends or taking a moment for yourself try to stop to take notice and be aware of the present.



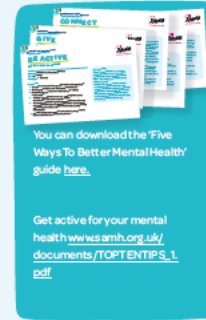
Learn:

learning enhances your self-esteem and confidence, and can be a great way to meet new people.



Give:

giving can be very rewarding – in fact those who report a greater interest in helping others are more likely to rate themselves as happy.



You can download the 'Five Ways to Better Mental Health' guide [here](#).

Get active for your mental health www.samh.org.uk/documents/TOPTENTIPS_1.pdf

STARTING THE CONVERSATION ON SOCIAL MEDIA

It is easy to do more to signal accessibility for people with mental health problems.

Improving awareness of opportunities and being visible supporters of mental health can help break down stigma, promote conversations around mental health and improve confidence for people accessing services.

Why not be active on social media? The following are examples of posts, with graphics to include [here](#).



FOR TWITTER:

We are proud signatories of Scotland's Mental Health Charter for Sports and Physical Activity from [@SAMHtweets](#) – let's ensure there is no barrier to engaging, participating, enjoying & achieving in physical activity and sport.

Find out more www.samh.org.uk/get-involved/mental-health-charter



FOR FACEBOOK:

We are proud signatories of Scotland's Mental Health Charter for Sports and Physical Activity from [@SAMHmentalhealth](#)

Let's ensure that a mental health problem is never a barrier to engaging, participating, enjoying & achieving in physical activity and sport.

Find out more www.samh.org.uk/get-involved/mental-health-charter

Physical activity and sport

Ways To Give

Fundraising

Volunteering

Find Help

Workplace

Campaigning

**Standing Up for
Scotland's Mental
Health**

SAMH Virtual Stomp

**SIGN UP TO THE
CHARTER**

Small & Community organisations

