

scottishathletics 

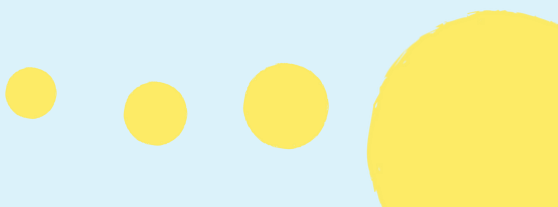
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SAMH
for Scotland's mental health

WELCOME

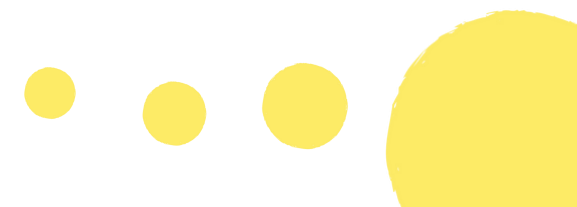
**WHAT IS
MENTAL HEALTH?**



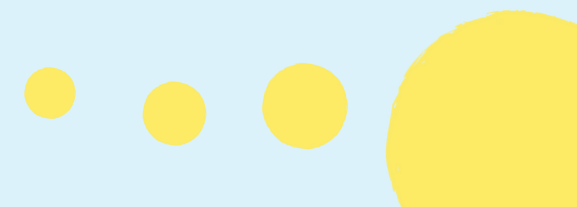
“Mental health is more than the absence of mental illness. It exists on a continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress” who

A state of wellbeing in which every individual:

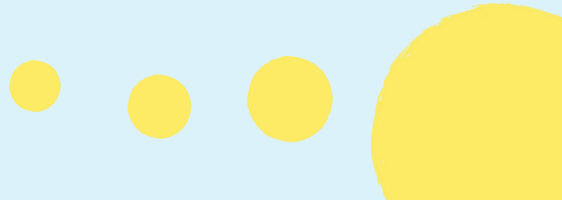
- realises their own potential
- can cope with the normal stresses of life
- can work productively and fruitfully
- is able to make a contribution to their community



**WHAT DOES
MENTAL HEALTH
MEAN TO YOU
AND TO YOUR
CLUB?**



**FACTS ON
MENTAL HEALTH**



1

What proportion of people in Scotland will experience a mental health problem every year?

- 1 in 3
- 1 in 4
- 1 in 10



2

How many people are affected by depression globally?

- 200 million
- 300 million
- 500 million



3

How many people said being active positively impacted their wellbeing?

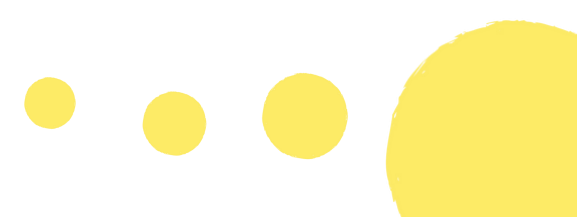
- 38%
- 57%
- 60%



4

Half of mental health problems in adulthood begin before what age?

- Age 14
- Age 16
- Age 25

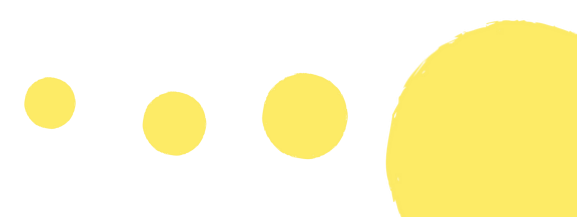


Mental health inequality

Adults who experienced 4 or more ACES as young people have a lower Wellbeing score compared to their peers who had less than 4 ACES

People from Ethnically & culturally diverse communities who go to the hospital for mental health problems are more likely to be treated under the Mental Health Act than their white counterparts.

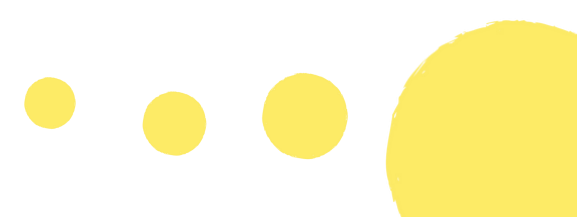
Children & young people with neurodevelopmental disorders are 3-6 times more likely to experience a mental health problem



THE CHARTER

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.

Since launching in 2018, we've been joined by everyone from grassroots clubs to elite sporting bodies, using their collective power to ensure that there is no barrier to engaging, participating and achieving in physical activity and sport.





THE MISSION



for Scotland's mental health

Scotland's Mental Health Charter for Physical Activity and Sport aims to empower physical activity and sport communities to improve equality and reduce discrimination, ensuring mental health and wellbeing is not a barrier to engaging, participating and achieving in physical activity and sport.

By signing up to the Charter you will help create the positive change needed.





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for Scotland's mental health

Scotland's Mental Health Charter for
Physical Activity and Sport

> **PROMOTE**

**Promote inclusive practices & approaches
around mental health & wellbeing.**



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> **INCLUDE**

**Embrace inclusion & create a
positive & welcoming culture.**



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> **COLLABORATE**

**Actively collaborate with & contribute to
the Charter network & wider communities
by sharing learning.**



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Scotland's Mental Health Charter for
Physical Activity and Sport

> **REFLECT**

**Review & recognise impacts & achievements in
supporting people's mental health & wellbeing.**

**SPRINGBURNS HARRIERS JOURNEY -
BARBARA KNOX**



Get into Summer

**GET
INTO
SUMMER**

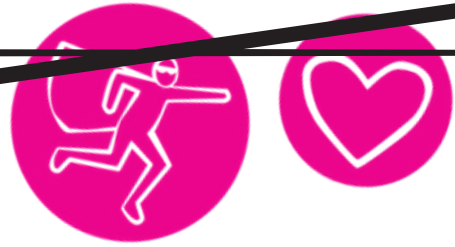
**Scotland's
Mental Health Charter**



**Running through
Menopause**

Ahead of the Game





MY 5 WAYS TO WELLBEING

It's important to find things that make you feel good about yourself and promote your mental health and wellbeing.

Think of how you can plan to introduce the 5 ways of wellbeing into your week.

This could be something as small as texting a friend to joining a new club.

CONNECT

TAKE NOTICE

BE ACTIVE

LEARN

GIVE

FEELINGS BEFORE



Circle yes or no



I am feeling happy



I am feeling ANNOYED



I am feeling Sad



I am feeling Nervous



I am feeling motivated



I am feeling excited



FINAL THOUGHTS

SHETTLESTON HARRIERS STORY - ALEX MCKAY

Get into summer

**GET
INTO
SUMMER**

Ahead of the Game

**AHEAD
OF
THE
GAME**





Take Action

Scotland's Mental Health Charter for
Physical Activity and Sport



WHAT'S NEXT?

scottishathletics

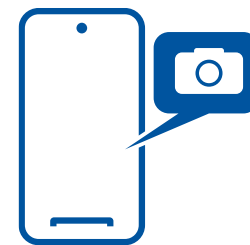
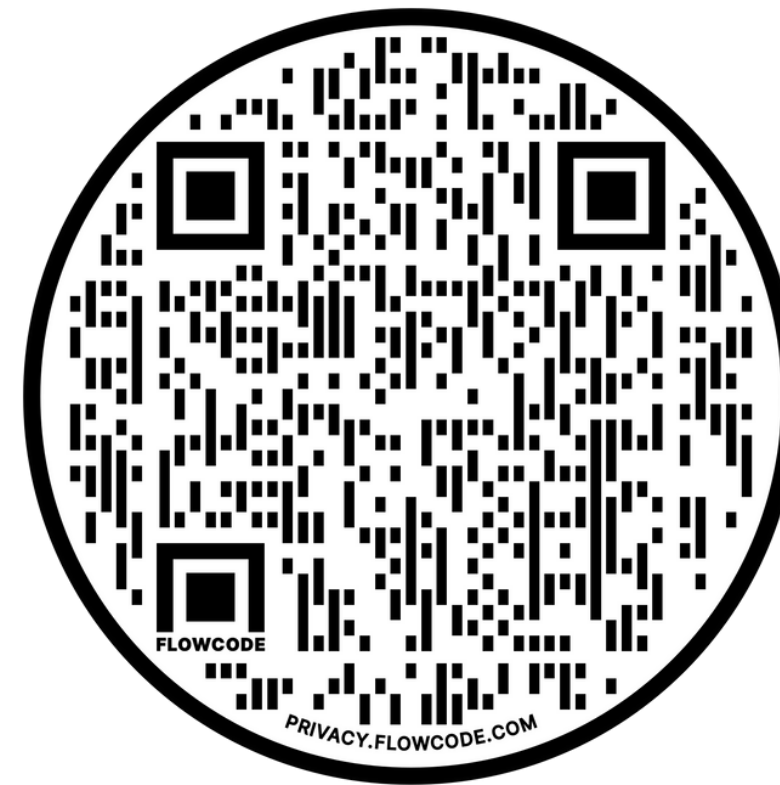


CLUB & COMMUNITY LEVEL CHARTER FOR PHYSICAL ACTIVITY AND SPORT

**This Charter is for
small community
or club level sports
organisations.**



THE CHARTER FOR PHYSICAL ACTIVITY & SPORT CLUB & COMMUNITY LEVEL



THANK YOU!
PAENQUIRIES@SAMH.ORG

