

**Do you need urgent help?
Please contact one of
these agencies:**

Lifeline
**Freephone 24/7 crisis
counselling service**
0808 808 8000
www.lifelinehelpline.info

ChildLine
0800 1111
www.childline.org.uk

Addiction NI
028 90 664434
www.addictionni.com

Mind Your Head
www.mindingyourhead.info

**Drugs and Alcohol
Northern Ireland**
www.drugsandalcoholni.info

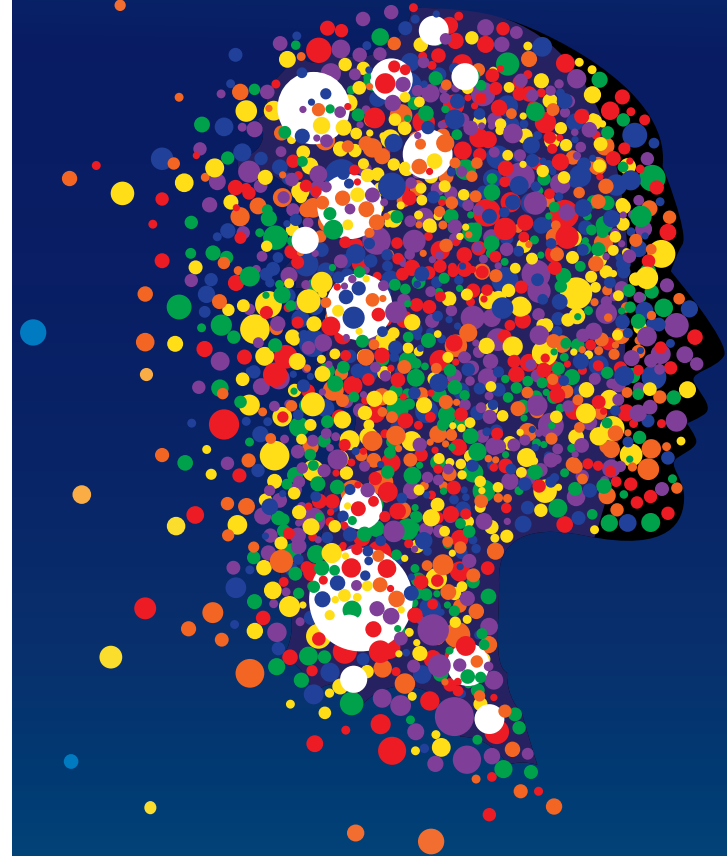
Helplines Network NI
listen • support • inform
www.helplinesnetworkni.com

For further advice on any of the information provided in this leaflet or to book any of the services listed please contact:

Marie-Therese Higgins
Des Jennings
028 9038 3809
wellbeinginsport@sportni.net

Sport Northern Ireland
House of Sport, 2a Upper Malone Road
Belfast BT9 5LA
www.sportni.net

**Programmes to improve
mental health and wellbeing
for people involved in sport
in Northern Ireland**



#WellbeinginSport

HSC Public Health
Agency
Project supported by the PHA

sport
Northern Ireland



Action Mental Health

Sport Northern Ireland, in partnership with Public Health Agency, has engaged with **Action Mental Health** to offer a 90 minute interactive session that supports the mental health and emotional wellbeing of those involved within Sport Clubs and the wider sporting community.

Content:

- Explores attitudes, challenging stigma and misconceptions
- Mental ill health
- Pressure vs Stress
- Identifying positive coping strategies
- Identifying support networks
- Signposting to sources of support

This session can be tailored and delivered to:

- 14-17 year olds and/or
- Adults

Aware

Sport Northern Ireland in partnership with Public Health Agency has engaged with **Aware NI** to offer a 90 minute session based on understanding how our thoughts, feelings, behaviours and physical wellbeing can be affected when we face a setback. It will focus on how to build our resilience to allow us to:

- Enjoy our successes
- Enjoy the good things in life
- Deal with the difficult things as and when they happen
- Build on our ability and capacity to bounce back

This is a light and Interactive session focusing on the 'Take 5 Steps to Wellbeing'. It teaches this through physical activity, group interaction and information that will support education around resilience and factors that affect our mental health.

This session can be tailored and delivered to:

- 14-17 year olds and/or
- Adults
- Under 13 years

Sporting Chance

Sport Northern Ireland has engaged with **Sporting Chance** (Established by former Arsenal and England football captain Tony Adams to provide a specialist addiction and recovery facility for athletes) to offer a Lifestyle Education Seminar. This session will introduce athletes to the information and tools they need to avoid the pitfalls and destructive behaviour patterns that can develop in sport.

Content:

- Alcohol, other substance use (non-prescribed and illegal) and gambling (as well as other examples of addictive behaviours)
- Warning signs of addiction and what to do if players recognise these signs in themselves or others
- What defines addiction? Progressive illness and vicious circle
- Coping differences
- Emotional wellbeing and mental health
- Identifying the danger signs in you and in others
- How and where to seek help

This session can be tailored and delivered to suit both males and females across a range of age groups, and is facilitated by an ex player (male or female) featuring the 'Players' story.