

Governing Bodies and sport club members will be able to avail of free access to 8 Mental Health First Aid Training courses. (Places will be limited.)

Sporting organisations will be able to access free workshops on Destructive Behaviours/Addiction education in Sport - helping players, of all ages, be aware of the pit falls of destructive behaviours in their sport and how to avoid or seek help if they or a team mate is in need of help. Workshop content will be tailored to suit a specific subject matter, gender or need within a club/team environment e.g. gambling, alcohol addiction etc. Workshops will be available for adults (18+) and delivered online until it is safe to return to face-to-face delivery.

We are currently reviewing other methods of support and will update this document with further plans when we are in a position to provide these.

If you have any questions regarding above please call:

**Marie-Therese
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Supporting Sport To

 **Build**
 **Back**
 **Better**

**Mental Health and
Wellbeing Support**