

**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

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

**Start your Wellbeing
journey today: The Sport
Wellbeing Hub**
www.inspiresupporthub.org/sports/

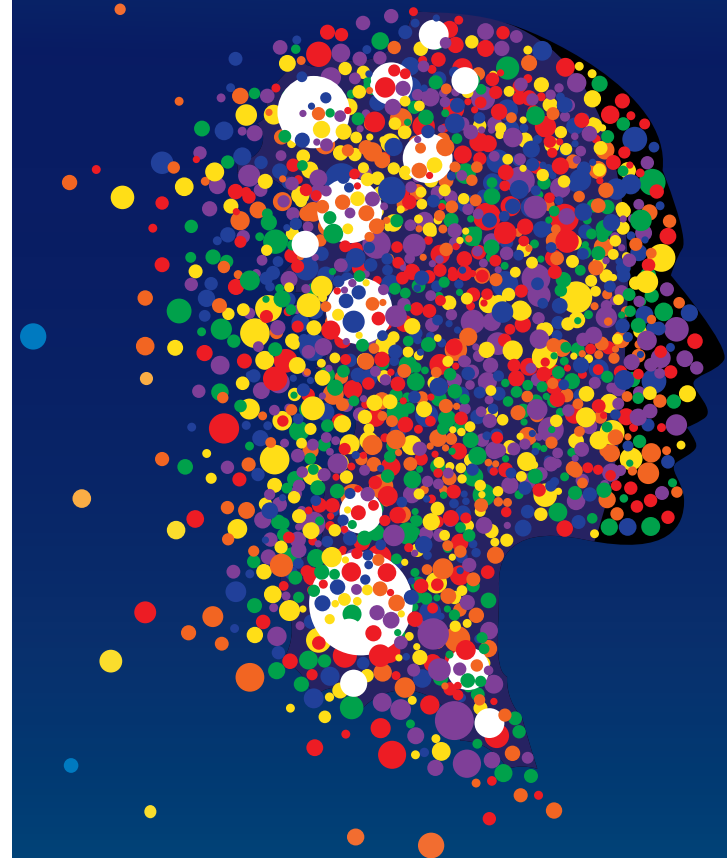
For advice on any of the information provided
in this leaflet or to book any of the services
listed please contact:

**Sport NI Mental Health and
Wellbeing Coordinator**
028 9038 3809
wellbeinginsport@sportni.net

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



Programmes to Support Mental Health and Wellbeing in Sport



Wellbeing in Sport



Project supported by the PHA



Level 1 Mental Health Awareness E-Learning Module

The Department for Communities and Sport Northern Ireland have engaged with a number of Governing Bodies of Sport to develop and bring to the sector a free online e-learning module, available to all sports. This online module is a light and interactive introduction to mental health and wellbeing. It will provide all members of the sports club with a foundation on which to develop knowledge, understanding and awareness of mental health.

To access this training visit
<https://www.wellbeinginsport.com/>

** The Level 1 course is a pre-requisite for club members to complete before participating in the Level 2 workshop. Should an individual hold a suitable qualification and or be able to demonstrate existing knowledge and understanding of mental health, they will not be required to complete level 1.*

[Get in touch at wellbeinginsport@sportni.net](mailto:wellbeinginsport@sportni.net)



Level 2 Reaching out Through Sport

Sport Northern Ireland has developed a mental health and wellbeing awareness workshop for all adult sports club members across the sector. This free 90mins awareness workshop is aimed at club volunteers, staff, officials, parents, coaches, players and active participants.

Our positive and interactive workshop has been designed to support your mental and emotional wellbeing through a range of activities including group work and discussion.

This workshop will build and embed mental health awareness and wellbeing into your club environment and culture. It will help members to support each other and identify issues that may be affecting someone's wellbeing.

Learning Outcomes

On completion of the workshop participants will have:

- Increased awareness of mental and emotional wellbeing and coping strategies
- Improved attitude towards mental and emotional wellbeing
- Improved awareness of signs and symptoms
- Increased awareness of appropriate sources of support

Sport NI has partnered with Sporting Chance Clinic to offer free additional workshops that are focused specifically around addiction education and destructive behaviours associated with and derived from a sporting environment. If your club members would benefit from obtaining the information and tools they need to avoid the pitfalls and destructive behaviour patterns that can develop in sport please contact wellbeinginsport@sportni.net for more information.

[Get in touch at wellbeinginsport@sportni.net](mailto:wellbeinginsport@sportni.net)

Level 3 Mental Health First Aid Adult – Improved and licensed in Northern Ireland by the Public Health Agency

Sport Northern Ireland has partnered with a PHA accredited Mental Health First Aid Adult (MHFA) provider to offer free training to the sector. MHFA Adult is a Level 3 Mental Health Training course which aims to equip participants.

MHFA (Adult) is a Level 3 Mental Health Training course which aims to equip participants with the knowledge and skills to provide information and support to an individual experiencing a mental health problem or crisis. An intervention model is included in this training which participants will explore through group work and discussions. The course covers basic information on the most common mental health problems experienced in Northern Ireland – symptoms, recommended professional care available, recognised self-care strategies and appropriate ways to support an individual.

Issues Covered

- Mental Health in Northern Ireland
- Depression
- Anxiety Disorders
- Psychosis
- Suicide and self harm
- Eating Disorders
- Substance Misuse

Who Can Apply

This course is of particular interest to those who are a designated key link for their sports club to support individuals who are experiencing mental health problems and/or crises. Anyone wishing to discuss the appropriateness of the course for their clubs needs should contact wellbeinginsport@sportni.net

*** Completion of the Level 2 workshop is mandatory in order to attend Level 3 MHFA Training.*

[Get in touch at wellbeinginsport@sportni.net](mailto:wellbeinginsport@sportni.net)