

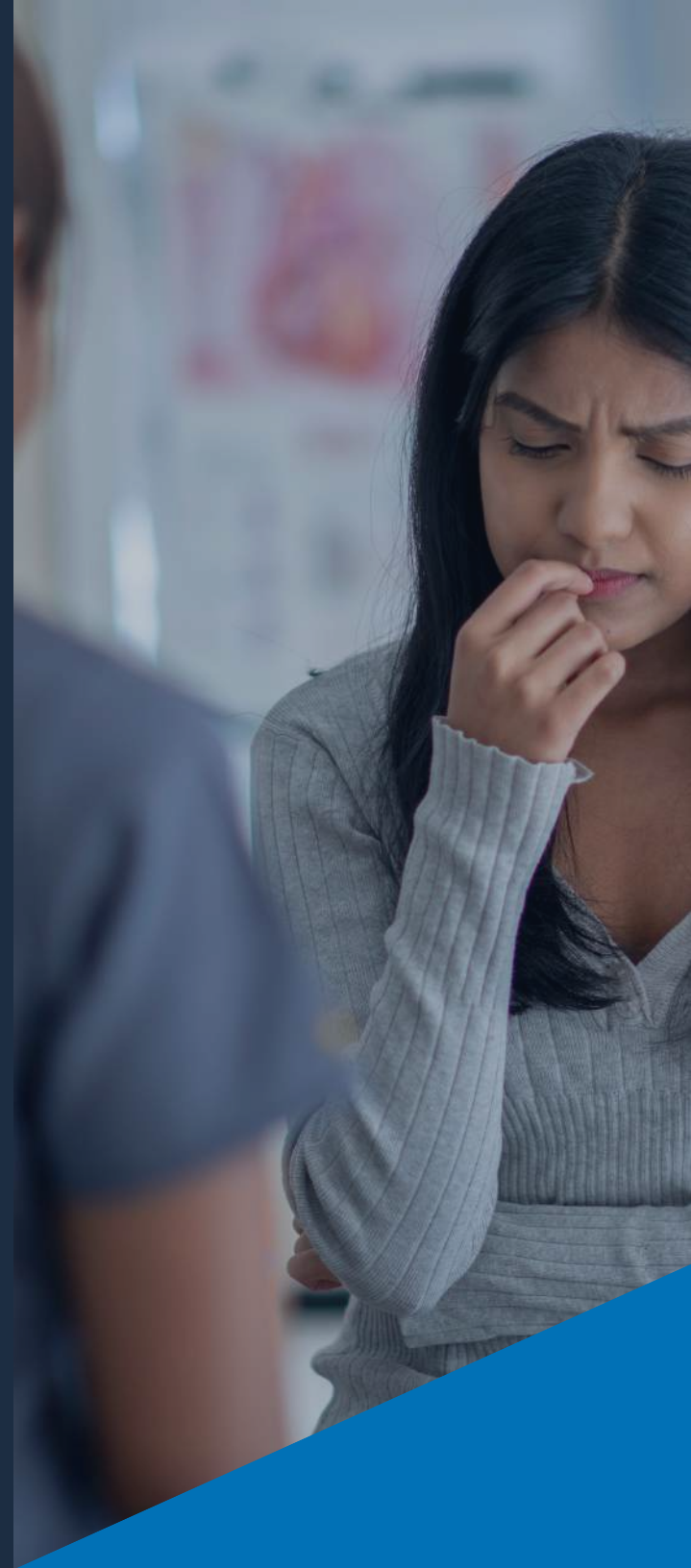
# MENTAL HEALTH AWARENESS FOR SPORT AND PHYSICAL ACTIVITY



## COURSE OVERVIEW

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This course will support learners to gain the knowledge, skills and confidence to better understand and support people living with mental health problems, and create a positive environment that ensures they enjoy the benefits of being active and continue coming back for more.



## WHAT WILL I LEARN FROM THIS COURSE?

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This course will provide learners with the practical skills and strategies to be able to

- Build people's resilience, self-esteem and confidence
- Adapt your sessions to make them more inclusive
- Enable and support mental health recovery, and tackle stigma and discrimination.

It has been co-designed and evaluated with learners over the age of 16 and includes signposting to adult services. The course discusses sensitive topics including self-harm and suicidal thoughts.





## WHO IS THE COURSE FOR?

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- Coaches and volunteers in sport
- Those delivering physical activity sessions
- Local community activators (working for example in disabled people's organisations, community interest charities, housing sector and scout/guide groups )
- Health and care professionals
- Employees in a work place environment

## DURATION & COST

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This course is self-paced and lasts approximately 2-3 hours. Learners can stop and leave at their convenience.

Fees start from [£12.00](#) per person. Learners have access to the course for 30 days from purchase

