
Scottish Mental Health Charter for Physical Activity and Sport

sportscotland action plan 2020-22

Declaration of Support to the Scottish Mental Health Charter for Physical Activity and Sport

This document demonstrates our support for the Scottish Mental Health Charter for Physical Activity and Sport. **sportscotland** is committed to improving equality and reducing discrimination so more people with poor mental health can engage, participate and achieve more in physical activity and sport. To achieve this, the Mental Health Charter outlines five key areas of focus.

Table 1: Five key areas of focus highlighted by the Mental Health Charter for Physical Activity and Sport

1. Actively promote inclusive practice and ensure a positive and welcoming environment for all.	2. Develop inclusive policies and practices are informed by including mental health in strategic planning.	3. Actively encourage participation and promote messages focusing on the benefits of physical activity on mental health.	4. Establish a Scottish Mental Health Charter Network to support meaningful collaboration, share resources and best practice.	5. Routinely review performance and identify ways to improve working in relation to mental health
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Organisational Statement

Our corporate strategy, [Sport for Life](#), sets out the vision of an active Scotland where everyone benefits from sport. Our mission is to help the people of Scotland get the most from the sporting system.

Sport for Life sets out a commitment to inclusion underpinning everything we do. Our [Equality, Diversity and Inclusion \(EDI\) approach](#) has three strands which brings this commitment to life (see figure1). Scotland's Mental Health Charter for Physical Activity and Sport supports our EDI approach and helps us deliver against our vision.

Figure 1: Equality, diversity and inclusion approach



Sport supports health and enhances wellbeing

We all have mental health. 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. Sport and physical activity can help us unwind and feel more relaxed. It can be a way of making friends, social connections and becoming involved in a community. It can give us energy and confidence to think clearly and get the most out of life. It can also help us develop a stronger body and combat health issues.

Yet, we know that people experiencing a mental health problem can find it difficult to engage, participate and achieve in physical activity and sport. We aim to improve equality and reduce discrimination for anyone with a mental health problem. Ensuring there is no barrier to taking part.

Our sporting system creates opportunities for people to take part in sport and physical activity across different environments: clubs and communities, schools and education and performance sport. We are focused on supporting the wellbeing and mental health of participants across all environments.

To support our work on mental health and wellbeing, we will work closely with our strategic partners SAMH, Scotland's Mental Health Charity. We will draw on the expertise and experience from within our own **sportscotland** Institute of Sport as they provide world class wellbeing and welfare support to Scottish athletes in the performance environment. We will also put people who experience mental health problems at the heart of the decision-making process as we design and deliver '[New Ideas](#)' to achieve our new person-centred 2021-25 equality outcomes.

As part of our SAMH partnership we are committed to Scotland's Mental Health Charter for Physical Activity and Sport. The following information details our current action plan.

2020-22 Mental Health Charter Action plan

Charter Action	Activity	Actions
<p>Actively promoting inclusive practice and ensuring a positive and welcoming environment for all</p>	<p>Be visible supporters of mental health inclusion - Publish any policies in relation to mental health on your website, communications and social media. Promote opportunities which are tailored for people experiencing mental health problems.</p>	<p>We will publish our revised commitment to the Mental Health Charter and our new 2020-22 action plan on our website and promote it internally and externally</p>
		<p>We will work with SAMH to review our current support for staff to ensure we are sector leading. We will implement any necessary changes and continue to review our support. Specific support should be provided to line managers to support staff wellbeing.</p>
	<p>Participate in mental health awareness raising activities - World Mental Health Day and Mental Health Awareness Week</p>	<p>We will continue to promote mental health awareness programmes and signpost staff to the support and resources available to them. Examples include our staff wellbeing zone, Covid-19 support and employee assistance programme - with access to up to six free counselling sessions, where this is considered to be an effective treatment.</p>
		<p>We will work with SAMH to develop and share mental health resources bespoke to sport and embed principles of good practice across the sporting system.</p>

	<p>provide great opportunities to run events such as open days to raise the profile of the work you are doing to support people experiencing mental ill health.</p> <p>Staff Training - Ensure mental health and wellbeing awareness is included within training for all staff and volunteers.</p> <p>Resources - Utilise resources that promote inclusive practice and ensure a positive and welcoming environment for all.</p>	<p>We will support the wellbeing and welfare of athletes receiving support from the sportscotland institute of sport (SIS) through:</p> <ul style="list-style-type: none"> a) one-to-one performance lifestyle support b) established connections and referral pathways with external agencies informed by athlete health screening questionnaire c) creation of an SIS mental health delivery group to implement operational support and develop supporting resources. <p>We will use our communication channels to promote the benefits of sport and physical activity on mental health. This will include:</p> <ul style="list-style-type: none"> a) Positioning mental health as a key monthly communications theme and as a topic for #SportHour b) Partnering with SAMH as the co-host for SportHour and for communications campaigns such as ‘feel your personal best’ c) Sharing stories through our digital content hub SportFirst d) Promote Mental Health Awareness Week and World Mental Health Day <p>We will work with SAMH to deliver a coordinated programme of wellbeing and mental health training to professional staff in</p>
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		<p>the sport sector. This will include a maintaining well-being workshop, a mental health awareness e-learning module, how to have a mental health conversation and finally a mental health awareness session.</p>
		<p>We will support SAMH and Scottish Sporting Futures to deliver online mental health workshops for young people, by young people</p>
		<p>We will work with Plan4Sport to deliver mental health awareness training to SGB and to train senior SGB staff to help them embed positive mental health and wellbeing practices within their organisational policies.</p>
		<p>We will provide mental health first aid and well-being related training to sportscotland staff through our learning and development programme</p>
		<p>We will deliver a positive mental health during Coronavirus e-learning for sports coaches</p>
		<p>We will deliver positive mental health in performance e-learning to athletes, parents, coaches, practitioners and SGB staff.</p>

<p>Developing inclusive policies and practices which are informed by including mental health in strategic planning</p>	<p>Working with people with lived experience – Engage participants to help you identify and address barriers which could be stopping them from getting active.</p>	<p>We will include mental health and sport as a topic to explore through our Equality in Sport 2020 research.</p>
	<p>Demonstrate senior level buy-in – It is crucial to involve leaders within your organisation. With their support it will be easier to compose and create an action plan.</p>	<p>We will use the Equality in Sport 2020 research to develop resources about mental health in sport that will support professionals working in the sector to understand barriers and make inclusive decisions.</p>
		<p>We will look to co-produce an action plan with representative groups and people who have lived experience of mental health problems, to help them take part in sport and physical activity and experience the following outcomes:</p> <ul style="list-style-type: none"> a) I see and hear people like me taking part b) I have a voice in the decisions that affect me c) I feel like taking part is for me d) I can find opportunities that meet my needs
<p>Participating in a Scottish Mental Health Charter Network to support meaningful collaboration, share resources</p>	<p>Facilitate a partnership approach – Where possible connect to existing networks and partnerships.</p> <p>Making connections – Use the power of storytelling to reinforce the link between</p>	<p>We will have representation on SAMH project group to support the promotion of the Mental Health Charter and help create positive lasting change in wellbeing and mental health.</p>

and best practice	physical activity and mental health. Share these stories within your community and with your wider network.	
Routinely reviewing performance and identifying ways to improve working in relation to mental health.	Source good practice - Take time to look at similar organisations or individuals and identify what they are doing to engage individuals with mental health problems.	We will support the UK Sport expert mental health panel to inform best practice in performance sport.

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