

MENTAL HEALTH AWARENESS

Appendix A9b

Mental Health & Wellbeing is like physical health, everyone will struggle/have a challenge with their mental health from time to time and when someone is struggling you may notice changes in them that give rise to a concern.

Positive mental health is a state of wellbeing in which the individual:

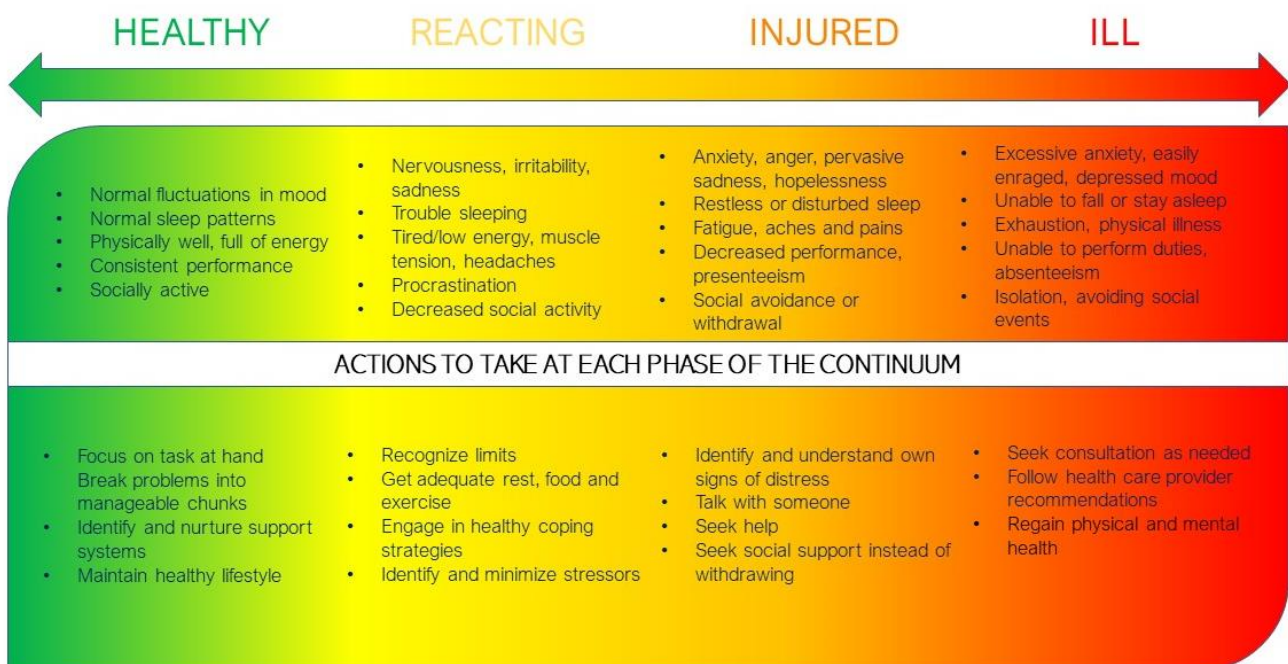
- realises their own abilities
- can cope with the normal stresses of life
- can work productively and fruitfully
- is able to make a contribution to their own community.

The World Health Organisation includes the positive dimension of mental health within the definition of HEALTH:

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Wellbeing and mental health can change and vary on a day-to-day basis and exists on a continuum; rather than in a fixed state.

MENTAL HEALTH CONTINUUM MODEL



Mental Health Continuum Model

The Mental Health Continuum Model is a useful visual aid for depicting the range of possible conditions someone may feel over time.

Green zone

People who lie in the green zone are generally satisfied and happy in their lives. They are emotionally well-balanced, have normal mood fluctuations, and can maintain goal-oriented behaviours.

Yellow zone

The yellow zone represents a reaction to the current state of wellbeing which is reversible with early identification and self-directed lifestyle changes such as stressor recognition, increased exercise and improved diet.

Orange zone

The orange zone represents the phase where people start to be less able to cope with stress and exhibit changes in their thoughts, behaviour, and actions which is likely to have personal impacts and start to result in reduced performance. The actions in this zone are based on self-recognition and engaging with existing supports.

Red Zone

The red zone represents the end of the continuum where there are significant impacts on health and performance and the individual is not able to perform the functions of daily living/occupational demands. Long periods of time spent within this zone can increase the risk of a mental health problem developing and it **is recommended that medical advice is sought**. It can increase the risk of Mental Health Problems in a sporting environment.

The 6 dimensions of Wellbeing

There are recognised areas of wellness, fluctuations within these contributing to and influencing individual mental health both positively and when out of balance negatively.

The 6 dimensions are:

- Physical
- Emotional
- Intellectual
- Social
- Occupational
- Spiritual

There is often overlap with the things in a person's life and it is not always confined to a single dimension. One dimension becoming unbalance or experiencing stress can easily influence others, and lead to an **accumulation affect where the impact on mental health and wellbeing is as a result of a build-up lots of things, or it can be a single factor.**

General Factors that increase the risk of Mental Health and Wellbeing Problems

- Stress
- Chronic disease/ill health
- Trauma or loss, isolation
- Relationship or interpersonal issues
- Previous history of mental health problems

Factors within sport that can increase the risk of Mental Health and Wellbeing Problems:

- Serious or recurrent injury
- Selection/non-selection and poor performance
- Transition points
- Sporting career progression

There are overlaps between the general risk factors for mental health problems and those that arise in sporting environments. Ideally sports clubs and their coaches and volunteers should look to foster an open and accepting environment which can help promote a pro-active approach to mental health and help reduce the incidence of problems.

Benefits of Physical Activity on Mental Health

Being regularly physically can reduce these lifestyle risks factors heightened by a mental health issue.

Impact on Mood

Physical activity can help improve mood, leaving us better able to cope with negative feelings and bring an overall sense of wellbeing. Getting active outdoors is especially good as sunlight directly boosts mood.

Reduce Stress

Being active can help people escape the pressures of everyday life for a while and give them a sense of control over their life. Activity can also reduce muscle tension and regulate breathing and heart rate.

Reduce Depression and Anxiety

Experts believe that physical activity causes a release of chemicals in a person's brain which act a bit like anti-depressants and can help ease anxiety and depression. This helps concentration and boosts confidence. Evidence suggests that physical activity can be just as good as anti-depressants for treating mild to moderate depression and that physically active people report fewer symptoms of anxiety or emotional distress than those who are inactive.

Cognitive Function

Regular physical activity can improve and maintain cognitive function. Active older adults have greater cognitive function than inactive older adults.

Social Benefits

Taking part in physical activity can be a great way to meet new people and enjoy the company of others. Alternatively, for some it is an opportunity to enjoy activities alone and set time aside to focus on themselves.

Impact on Self-esteem and Confidence

When fitness levels increase, this can improve the body and can boost or improve a person's self-esteem. The sense of achievement people can get from learning new skills and achieving their goals can also help them feel better about themselves and lift their mood. Improved self-esteem also has a protective effect that increases life satisfaction and can make people more resilient to feeling stressed.

Ways coaches and sessions leaders can adapt their session to be supportive of participants who are experiencing challenges with their mental health and wellbeing:

- Take things slowly, give simple instructions, be prepared to repeat instructions
- Get their attention by gently calling their name, try and get eye contact by re-positioning yourself in front of them
- Be mindful of physical contact not everyone wants this
- Don't dismiss what they are experiencing
- If the person needs to leave, respect this
- Provide reassurance, speak calmly
- Alternative activities may need to be considered, depending on the person's needs some situations can be triggering of an episode e.g., lighting, noise, enclosed space, etc. Consider using a quieter environment if needed and do things like turning the music down
- Be empathetic, create a safe environment where people are encouraged to check in with the coaches/session leaders and each other be consistent at implementing and maintaining this approach
- Develop your relationship while ensuring you have clear and appropriate boundaries
- If the athlete has disclosed their circumstances have a conversation with them about their needs, it may be helpful to develop a training and management plan and with their permission share it with the coaches/volunteers who will be working with them
- Review a person's needs (or training and management plan) with them regularly
- Remember to seek support and guidance from your club Wellbeing and Protection Officer and that you should not try to manage serious concerns alone

If you have concerns about someone else's mental health

If you are concerned about someone's mental health or that they may be experiencing a mental health crisis you should follow the guidance on Responding to Concerns process in the Netball Scotland Wellbeing and Adult Protection Policy. You should also include the principles of Mental Health First Aid:

- Ask about risk
- Listen non-judgmentally
- Give reassurance and information
- Encourage the person to get professional help
- Encourage self-help strategies
- Try to use empathy rather than sympathy

Some people can feel uncomfortable with this topic, and this can impact on an individual's ability to engage, they may have experience some of the following before:

- A general lack of understanding
- Fear of the whole subject
- Deeply held, prejudicial beliefs
- Self-stigmatisation is a huge issue for people with a mental illness and many feel embarrassed or ashamed of their condition
- This causes further isolation and worsening of the condition, and for some will result in self-medication through drugs and alcohol and can also lead to self-harm and suicide.
- Half of us say, that if we developed a mental health problem then we wouldn't want anyone to know

Taking time with someone and listening non-judgementally can encourage the person to seek the professional help that they need.

Remember!

It is not your responsibility to decide whether a person is having a mental health or wellbeing crisis or is mentally ill. But it is your responsibility to recognise and respond appropriately to concerns you have by – checking in with the individual and seeking support and advice for your club Wellbeing and Protection Officer.

If you become concerned that your or someone else's mental health is worsening

- Tell someone like the Club's Wellbeing and Protection Officer
- Suggest the person contact's their GP practice (0800 - 1800 weekdays)
- Out of hours – NHS 24 on 111 (1800 - 0800 weekdays and 24 hours at weekends)
- If you are concerned that you or another person are a risk to themselves, or others Contact 999 in an emergency

This is a general support guide on the topic of mental health and wellbeing. There are very common conditions such as Stress, Anxiety, Depression, Bipolar disorder and more that it is possible club members may be experiencing. Working with the individual to tailor a sports support plan is recommend and you may wish to seek further advice and information to inform yourself.

SAMH offers a range of useful information Guides that provide more details about specific Mental Health Conditions

Topic	Resource	Video
Anxiety	https://www.samh.org.uk/documents/UnderstandingAnxiety.pdf	https://www.youtube.com/watch?v=GKCWwztOCsg
Panic Attacks	https://www.samh.org.uk/documents/UnderstandingAnxiety.pdf	
Depression	https://www.samh.org.uk/documents/UnderstandingDepression.pdf	https://www.youtube.com/watch?v=XiCrniLQGYc
Bipolar	https://www.samh.org.uk/documents/UnderstandingBipolarDisorder.pdf	https://www.youtube.com/watch?v=B139W3-GZTo
Personality Disorders	https://www.samh.org.uk/documents/UnderstandingPersonalityDisorders.pdf	
Schizophrenia		https://www.youtube.com/watch?v=VMkXdt9DIU
PTSD		https://www.youtube.com/watch?v=hzSx4rMyVjI

Other sources of support and information

sportscotland e-module: COVID-19 Mental Health & Wellbeing Awareness for Coaches and Volunteers

<https://sportscotland.info/mentalhealth/#/>

Scottish Association for Mental Health

Useful information on maintaining mental wellness

<https://www.samh.org.uk/>

Breathing Space

A free, confidential, phone and webchat service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.

<https://breathingspace.scot/>

Young Scot

Wellbeing advice for young people

<https://young.scot/>

Mind

Self-help, information and support Steps for Stress: Breathing and relaxation exercises for stress.

<https://www.mind.org.uk/>

No more panic

Support and advice for those with panic disorder, anxiety, phobias and OCD

<https://www.nomorepanic.co.uk>

B-eat

UK charity supporting people affected by eating disorders

<https://www.beateatingdisorders.org.uk/>

Insomniacs

Advice on coping with insomnia

<http://www.insomniacs.co.uk/>

Mobile Apps**Headspace**

Meditation and mindfulness app

<https://www.headspace.com/>

Tackle your feelings

Interactive website/app-based self-help for low mood and anxiety symptoms

<https://www.tackleyourfeelings.com/>

Big Health

Free access to apps: sleepio (sleep disturbance) and daylight (worry and anxiety)

<https://www.bighealth.com/>

Big White Wall

Offers safe and anonymous 24-hour support

<https://www.bigwhitewall.com/?lang=en-us>

Feeling Good

Relaxation and mindfulness resources

<https://www.nhs.uk/apps-library/feeling-good-positive-mindset/>

Buddhify

Meditation and mindfulness app

<https://buddhify.com/>

DistrACT

Self-harm and suicidal thoughts prevention resources

<https://www.nhs.uk/apps-library/distract/>

NHS library

Offers a wide range of useful apps

<https://www.nhs.uk/apps-library/>

Online CBT Resources**Living life to the full**

Free online course covering low mood, stress and resilience

<https://lltff.com/>

Moodgym

Interactive self-help book for symptoms of depression and anxiety

<https://moodgym.com.au/>

Get self help

Free online CBT resources and information

<https://www.getselfhelp.co.uk/>

Online self-help guide**Moodjuice**

Free self-help resources on a range of mental health problems

<https://www.moodjuice.scot.nhs.uk/>

Teen mental health

Information and interactive resources aimed at teenagers and those working with them

<http://teenmentalhealth.org/>

NHS inform

Self-help guides for a variety of mental health conditions

<https://www.nhsinform.scot/>

Phone Helplines**Breathing space:** 0800 838587

Weekdays: Monday-Thursday 6pm to 2am Weekend: Friday 6pm-Monday 6am

Webchat is available Monday to Friday, 6pm to 10pm

Samaritans: 116 123 (24 hours)

email jo@samaritans.org (24 hr response time)

Mind Infoline: 0300 123 3393

Monday to Friday (except for bank holidays) 9am to 6pm Text: 86463

No Panic: 0844 967 4848

10am-10pm every day

B-eat: 0808 801 0677 (adults) 0808 801 0711 (U18)

email advice help@beateatingdisorders.org.uk

Sleep Matters Insomnia helpline 02089949874

6-8pm