

**Do you need urgent help?  
Please contact one of  
these agencies:**

**Lifeline**  
**Freephone 24/7 crisis  
counselling service**  
0808 808 8000  
[www.lifelinehelpline.info](http://www.lifelinehelpline.info)

**ChildLine**  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

**Addiction NI**  
028 90 664434  
[www.addictionni.com](http://www.addictionni.com)

**Mind Your Head**  
[www.mindingyourhead.info](http://www.mindingyourhead.info)

**Drugs and Alcohol  
Northern Ireland**  
[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

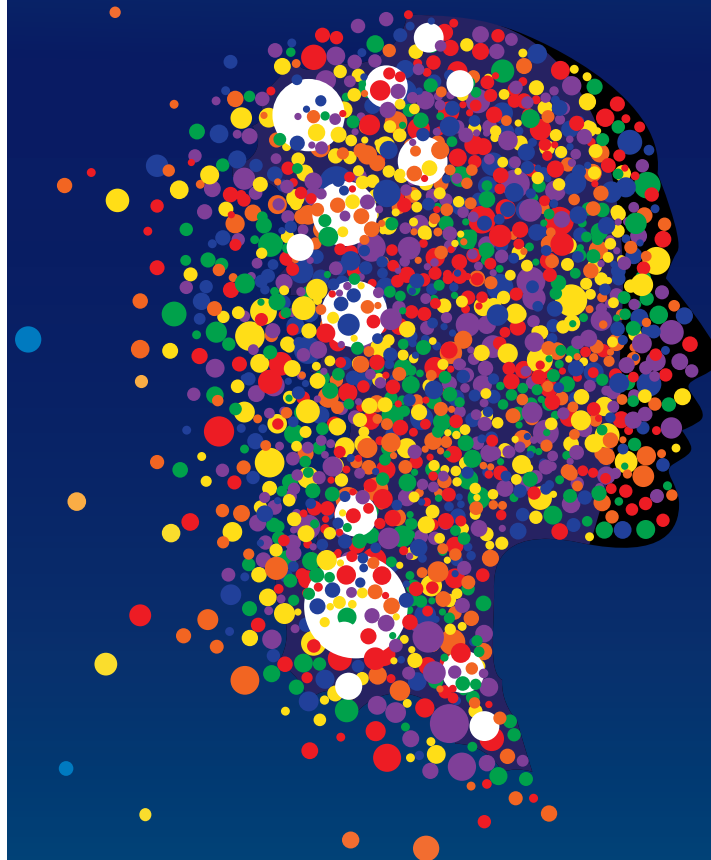
**Helplines Network NI**  
**listen • support • inform**  
[www.helplinesnetworkni.com](http://www.helplinesnetworkni.com)

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

**Marie-Therese Higgins**  
**Des Jennings**  
028 9038 3809  
[wellbeinginsport@sportni.net](mailto:wellbeinginsport@sportni.net)

**Sport Northern Ireland**  
House of Sport, 2a Upper Malone Road  
Belfast BT9 5LA  
[www.sportni.net](http://www.sportni.net)

**Programmes to improve  
mental health and wellbeing  
for people involved in sport  
in Northern Ireland**



**#WellbeinginSport**

 **Public Health  
Agency**  
Project supported by the PHA

 **sport**  
Northern Ireland



## Action Mental Health

Sport Northern Ireland, in partnership with Public Health Agency, has engaged with **Action Mental Health** to offer a 90 minute interactive session that supports the mental health and emotional wellbeing of those involved within Sport Clubs and the wider sporting community.

### Content:

- Explores attitudes, challenging stigma and misconceptions
- Mental ill health
- Pressure vs Stress
- Identifying positive coping strategies
- Identifying support networks
- Signposting to sources of support

### This session can be tailored and delivered to:

- 14-17 year olds and/or
- Adults

## Aware

Sport Northern Ireland in partnership with Public Health Agency has engaged with **Aware NI** to offer a 90 minute session based on understanding how our thoughts, feelings, behaviours and physical wellbeing can be affected when we face a setback. It will focus on how to build our resilience to allow us to:

- Enjoy our successes
- Enjoy the good things in life
- Deal with the difficult things as and when they happen
- Build on our ability and capacity to bounce back

This is a light and Interactive session focusing on the 'Take 5 Steps to Wellbeing'. It teaches this through physical activity, group interaction and information that will support education around resilience and factors that affect our mental health.

### This session can be tailored and delivered to:

- 14-17 year olds and/or
- Adults
- Under 13 years

## Sporting Chance

Sport Northern Ireland has engaged with **Sporting Chance** (Established by former Arsenal and England football captain Tony Adams to provide a specialist addiction and recovery facility for athletes) to offer a Lifestyle Education Seminar. This session will introduce athletes to the information and tools they need to avoid the pitfalls and destructive behaviour patterns that can develop in sport.

### Content:

- Alcohol, other substance use (non-prescribed and illegal) and gambling (as well as other examples of addictive behaviours)
- Warning signs of addiction and what to do if players recognise these signs in themselves or others
- What defines addiction? Progressive illness and vicious circle
- Coping differences
- Emotional wellbeing and mental health
- Identifying the danger signs in you and in others
- How and where to seek help

This session can be tailored and delivered to suit both males and females across a range of age groups, and is facilitated by an ex player (male or female) featuring the 'Players' story.