

# Mental Health in Scottish Football Awareness and Guidance

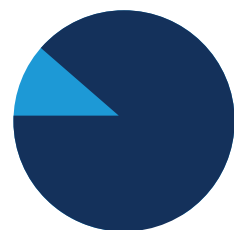


Advice on what to do if it emerges one of your players or teammates is experiencing a mental health issue

## 1 KEY FACTS



**1 in 4** adults in the UK will experience a mental health problem



ONLY **15%** of those experiencing problems will currently be receiving treatment



**1 in 10** children aged 5-16 has a mental health problem

## 2 WHAT ARE COMMON CAUSES:

- Anxiety
- Grief & Relationships
- Performance
- Stress
- Addiction
- Depression
- Low Confidence
- Eating Disorders
- Self-harm



## 3 WHAT SHOULD YOU DO

Integrate mental health into your training-make it okay to talk and open up

Create a supportive environment to reduce social isolation and encourage people to talk to each other

Be approachable: make yourself available for players to talk to you. If you are concerned about someone, ask them privately if they are okay.

Encourage players to talk to their friends and family

Get to know your players and teammates: try to understand their motivations, goals and habits and understand what is 'normal' for them

Signpost anyone you are concerned about to their own GP or Breathing Space on 0800 83 85 87