

Scotland's Mental Health Charter
for Physical Activity and Sport

FOUR COMMITMENTS

As a club or community organisation level signatory, we agree to champion these areas across our communities.

> **PROMOTE**

Promote inclusive practices & approaches around mental health & wellbeing.

> **COLLABORATE**

Actively collaborate with & contribute to the Charter network & wider communities by sharing learning.

> **INCLUDE**

Embrace inclusion & create a positive & welcoming culture.

> **REFLECT**

Review & recognise impacts & achievements in supporting people's mental health & wellbeing.

SIGN HERE...