

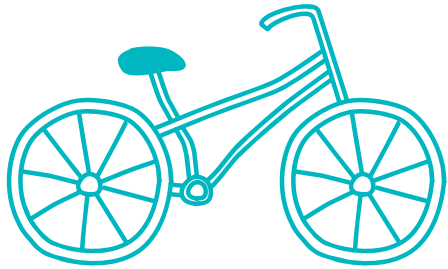
# Take Action

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Scotland's Mental Health Charter for  
Physical Activity and Sport



*“Physical activity through sport or recreation has been proven to have a positive impact on physical and mental health and wellbeing.”*



Scotland's Mental Health Charter for Physical Activity & Sport aims to improve equality, diversity & inclusion of mental health & wellbeing within physical activity & sport communities, ensuring there is no barrier to engaging, participating, enjoying & achieving in physical activity & sport.



***“I’m a firm believer in the link between physical and mental health, and I know from experience that if I don’t get out on my bike regularly it affects my wellbeing.*”**

***“Scotland’s Mental Health Charter for Physical Activity and Sport has already made great progress in supporting people to increase their confidence and self-esteem, and to reduce isolation. It’s brilliant to see the Charter evolving to better serve community clubs and organisations, so that even more people can get active for their mental health .”***

Sir Chris Hoy

# Where to begin

## WHY YOUR CLUB OR COMMUNITY ORGANISATION SHOULD JOIN

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- Gain a better understanding of how physical activity & sport can positively impact/support mental health.  
Access to information which offers practical
- guidance & ideas on how to promote your involvement in the Charter.  
Access to Scotland's Mental Health Charter network to engage with other signatories, work collaboratively and learn from each other.

## BECOMING A SIGNATORY

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Club & community organisations passionate about championing the benefits that physical activity & sport can have on mental health & wellbeing can become a signatory.

Firstly, your club/ community organisation should complete the registration form and send to: [mhc@samh.org.uk](mailto:mhc@samh.org.uk).

A member of our team will confirm your registration.

Your club/ community organisation will be given your charter resources and training to allow you to work towards the four commitments.



# 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.

## > **INCLUDE**

Embrace inclusion & create a positive & welcoming culture.

## > **COLLABORATE**

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

## > **REFLECT**

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

**SIGN HERE...**



# Resources & Support



## YOU WILL HAVE ACCESS TO:

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- Charter Toolkit.
- Learning & development opportunities.
- Charter network events & opportunities.
- Resources & tools.
- Debrief sheet.
- E-Learning.
- Sign posting & support.
- Mental health & wellbeing publications.
- Information on how to promote your involvement in the Charter.
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## SUPPORT FROM US

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- Mental Health experience & expertise.
- Guidance on how to engage in the Charter and implement change to champion mental health.
- Expand on the knowledge and learning within your club & community.
- Access to resources and tools.





# What's next?

## NEXT STEPS

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- 1** Complete and submit your Statement of Support.
- 2** Review the club's priorities within the next 6 months to ensure they align with the four commitments in the Charter.
- 3** Complete E-Learning modules & sign up to additional training events.
- 4** Look through Charter resources & start engaging with your community.

## ONCE YOU RECEIVE THE MENTAL HEALTH RESOURCES

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-  Promote your involvement in the Mental Health Charter through partners, relevant stakeholders & social media.
-  Attend Mental Health Charter Network events.
-  Champion the Charter – take action and help improve equality and bring about positive change for your community.



## WITH THANKS TO OUR STEERING GROUP MEMBERS

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SAMH is Scotland's mental health charity and is dedicated to mental health and wellbeing for all. We are here to provide help, information and support to people affected by mental health problems.

**samh.org.uk**

 **@samhtweets**

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# SAMH

**Scottish Action for Mental Health**

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