

# SCOTLAND'S MENTAL HEALTH CHARTER TOOLKIT

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## PACE

People Active for  
Change and Equality





## About SAMH

SAMH (Scottish Association for Mental Health) is Scotland's largest mental health charity and we believe there is no health without mental health. SAMH has represented the voice of people most affected by mental health problems in Scotland for more than 90 years.

SAMH is dedicated to mental health and wellbeing for all. Our vision is of a society where people are able to live their lives fully, regardless of present or past circumstances and our values underpin everything we do.

We believe that everyone has the right to be treated with dignity, respect and equality. We believe that everyone is entitled to hope and choice and to achieve personal fulfilment.

For more information about SAMH, visit our [website](#).

## Physical activity and mental health

Physical activity through sport or recreation has been proven to have a positive impact on physical and mental health and wellbeing<sup>1</sup>.

Research suggests the less physical activity a person does, the more likely they are to experience low mood, depression, tension and worry. Despite this 36% of Scots don't meet physical activity recommendations<sup>\*2</sup>.

It is believed people with mental health problems face stigma about their illness which may prevent them from engaging in physical activity and sport. Furthermore it has been highlighted that elite sportspeople face unique pressure in their day to day lives due to the nature of their employment which can cause a negative impact on mental health.

The purpose of [Scotland's Mental Health Charter for Physical Activity and Sport](#) is to use the collective power of physical activity and sport to create positive lasting change in mental health and wellbeing.

The Charter encourages participation in physical activity and sport as a way to maintain and improve mental health and wellbeing. The Charter supports anyone involved in physical activity and sport at grassroots to elite level to talk about mental health and wellbeing, and to know where to go to get help.

\*Physical activity recommendations: 150 mins/week of moderate physical activity, 75 mins vigorous physical activity or an equivalent combination of these.

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<sup>1</sup> Mental Health Foundation, Let's Get Physical, 2013

<sup>2</sup> Scottish Government, The Scottish Health Survey, 2016 Edition, October 2017





## What are mental health problems?

Mental health problems can affect the way you think, feel and behave. Some mental health problems are described using words that are in everyday use, for example 'depression' or 'anxiety'. This can make them seem easier to understand, but can also mean people underestimate how serious they can be.

A mental health problem feels just as bad, or worse, than any other illness – only you cannot see it. Although mental health problems are very common – affecting around one in four people in Scotland – there is still stigma and discrimination towards people with mental health problems. There are also many myths about what different diagnoses mean.

Mental health problems can be hard for anyone to cope with but can be made worse by having to deal with stigma and discrimination from others. Many people do not participate in activities due to the stigma they expect to face and self-stigma (feeling a burden or not worthy of being involved).

No one should ever be made to feel ashamed or embarrassed to tell anyone that they experience mental health problems. No one should be excluded from participating due to their mental health.

For further information on reducing stigma and discrimination and how to challenge it visit See Me's website [here](#).

For more information on bullying visit *respectme*, Scotland's anti-bullying service [website](#).

It is possible to recover from a mental health problem and live a productive and fulfilling life. It is important to remember that, if you have a mental health problem, it is not a sign of weakness.



## SAMH Resources

Whether living with a mental health problem or supporting someone who is – having access to the right information is vital. SAMH has developed a series of information resources that might be useful.

### Understanding Mental Health Problems

This booklet is an introduction to the most common mental health problems, explaining what they are, their possible causes and what help is available. It is written for people who have a mental health problem, and their friends, family or someone supporting them. It is available to download [here](#).

### Understanding Depression

Those who are depressed may feel that nothing can help. But this is untrue. Most people recover from bouts of depression, and some even look back on it as a useful experience, which forced them to take stock of their lives and make changes in their lifestyle.

Depression varies very much from person to person and can happen for one or more reasons (loss, childhood experiences, anger, life events etc.). Occasionally it may appear for no obvious reason. This booklet explains the symptoms of depression and details the treatments available. It is available to download [here](#).

### Understanding Anxiety and Panic Attacks

Anxiety is something we all experience from time to time. However, if anxiety stays at a high level for a long time, it may become difficult to deal with everyday life. Anxiety can become severe and sometimes if the feelings overwhelm, this can turn into a panic attack. This booklet is aimed at anyone who experiences anxiety. Friends and relatives of people who experience anxiety may also find it useful. It is available to download [here](#).

### Wellbeing Assessment

We can all expect to feel under the weather sometimes, perhaps pick up a cold or sore throat. But when it comes to the way we feel emotionally, it can be hard to recognise or admit that we're not feeling good. This wellbeing assessment tool uses the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) to measure wellbeing. You can use the tool [here](#).





## Five Ways To Better Mental Health

We all have mental health, just as we have physical health, and it's important to look after it.

There are lots of things we can do every day to support our wellbeing. The New Economic Foundation suggests the following five ways to better wellbeing.

- **Connect:** staying in touch with loved ones can make us feel happier and more secure.
- **Be active:** being active isn't just good for our physical health; it's also proven to have a positive effect on our mental health and wellbeing.
- **Take notice:** whether you're spending time with friends or taking a moment for yourself, try to stop to take notice and be aware of the present.
- **Learn:** learning enhances your self-esteem and confidence, and can be a great way to meet new people.
- **Give:** giving can be very rewarding – in fact those who report a greater interest in helping others are more likely to rate themselves as happy.

You can download the 'Five Ways To Better Mental Health' guide [here](#).

## Starting the conversation on social media

It is easy to do more to signal accessibility for people with mental health problems. By improving awareness of opportunities and being visible supporters of mental health, it will help breakdown stigma, promote conversations around mental health and improve confidence for people accessing services.

Why not be active on social media? The following are examples of posts, with images include [here](#).

For Twitter:

'We support Scotland's Mental Health Charter for Sports and Physical Activity from @SAMHTweets – let's ensure there is no barrier to **engaging, participating** and **achieving** in physical activity and sport.

Find out more ➡ [www.samh.org.uk/get-involved/mental-health-charter](http://www.samh.org.uk/get-involved/mental-health-charter)'

For Facebook:

'We are supporting Scotland's Mental Health Charter for Sports and Physical Activity from @SAMHmentalhealth

Let's ensure that a mental health problem is never a barrier to **engaging, participating** and **achieving** in physical activity and sport.

Find out more ➡ [www.samh.org.uk/get-involved/mental-health-charter](http://www.samh.org.uk/get-involved/mental-health-charter)'

## Craig's Story

Craig struggled with depression after being diagnosed with Complex Regional Pain Syndrome. He used physical activity to improve his mental health.

“My mental health deteriorated after being diagnosed with Complex Regional Pain Syndrome (CRPS) caused by a football injury. Unable to play football and get active the way I was used to whilst trying to manage my physical pain; I started to feel suicidal and was later diagnosed with depression at 21.

“My doctor suggested I try to get active again in some way, and this is where my recovery really started.

“Through walking and going to the gym, I was able to set and achieve my goals giving me great focus and motivation. The reassurance and support I received from my gym gave me such confidence to keep going.”

You can read more about Craig [here](#).

## Online training

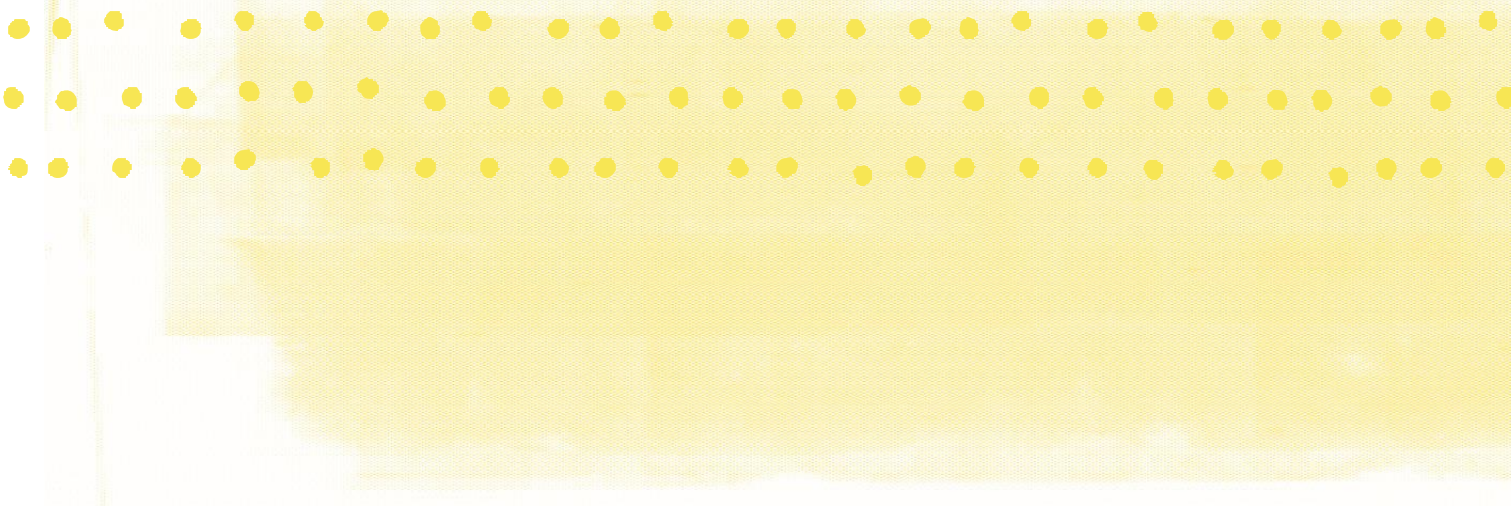
SAMH's 'Mental Health Awareness' training is a 45-50 minute online training course which illustrates the role that physical activity plays in prevention and support to people with mental health problems. It aims to build confidence and raise awareness of common mental health problems and ensure that our physical activity environments are more inclusive.

To access the training:

1. [Click here and register to create an account.](#)
2. Once you've created your account, you can access the course at [www.enetlearn.com/alba](http://www.enetlearn.com/alba)

Once completed you will receive a SAMH 'Mental Health Awareness' certificate, which is endorsed by the Chartered Institute for the Management of Sport and Physical Activity.





For more information about the Charter please contact: [mhc@samh.org.uk](mailto:mhc@samh.org.uk)



[www.samh.org.uk](http://www.samh.org.uk)