

MENTAL HEALTH AWARENESS FOR SPORT AND PHYSICAL ACTIVITY (MHASPA) TRAINING

This three-hour workshop is designed to give coaches, volunteers, sport administrators and front-of-house staff the confidence to support people with experience of mental health problems to be more active. It has been developed with the support of UK Coaching, and input from people living with mental health problems and colleagues working in the sport and physical activity sectors.

This practical workshop will help you:

- Understand common misconceptions about mental health and the impact of stigma and discrimination
- Identify the positive impact that being active has on physical and mental health
- Appreciate the barriers that stop people getting active
- Talk confidently about mental health
- Know where to signpost people to if they need support
- Identify practical actions to make your service more accessible for everyone

MHASPA has been independently evaluated by a team of researchers from Loughborough University. Their findings show that:

81% of respondents agreed or strongly agreed that their knowledge of mental health had improved following the training. This was maintained at the six month follow up (83%).

84% of respondents agreed their attitude to mental health has changed, with 81% reporting they had used the knowledge from the training course.

(Loughborough University, 2017) Find out more at: <https://www.mind.org.uk/sport>

Course details:

- No prior knowledge of mental health is necessary
- Can be delivered in-house at the location of your choice
- Up to 20 delegates can attend
- £350 + £8 per person for the course handbook
- All CIMSPA-registered delegates who complete the workshop will be eligible for 3 CPD points.

To book your place and to find out more, please contact training@bristolmind.org.uk