



eLearning course on mental health awareness for sport and physical activity via UK Coaching



Mental Health Awareness for Sport and Physical Activity training



Mind's e-learning course is aimed at everyone who delivers coaching in clubs, community sport and physical activity. The course will help you gain the confidence to be able to support people experiencing mental health problems, and help them to thrive inside and outside of your sessions.

Lived experience film

River, Paddy and Elsa draw on their lived experiences, to share how to support young people in physical activity.



Supporting young people during physical activity:



Coaches, volunteers and leaders play an important role in supporting young people's mental health when providing physical activity sessions. Working with young people and coaches, Mind have co-produced resources to upskill the workforce.

Handbook resource for coaches



Online and physical handbook, which contains information on mental health problems that young people experience; how to spot changes in a young person's behaviour, thoughts and feelings; how to check-in and start a conversation; how to signpost to a range of support options and how to look after your own well-being and access support.

Young people's top tips graphic



Young people from Mind's Steering group co-produced tips to help coaches better support them during sessions.