

# Supporting Positive Mental Health in Your Club/Group: A resource for further support



WELSH ATHLETICS  
ATHLETAU CYMRU

**Please note this is not an exhaustive list, but it will provide you with some useful places to start.**

## **Useful links:**

Video on depression: <https://m.youtube.com/watch?v=XiCrniLQGYc>

Video on What having Anxiety Feels Like: <https://m.youtube.com/watch?v=nCgm1xQa06c&t=15s>

Mind Cymru: <https://www.mind.org.uk/about-us/mind-cymru/>

Mind: <https://www.mind.org.uk/>

Mental Health Wales: <http://www.mentalhealthwales.net/>

NHS Mental Health Support: <http://www.wales.nhs.uk/healthtopics/conditions/mentalhealth>

Time to Change: [How can I support someone's mental health during the Covid-19 outbreak? \(time-to-change.org.uk\)](https://www.time-to-change.org.uk/how-can-i-support-someones-mental-health-during-the-covid-19-outbreak/)

Welsh Athletics/ Sport Wales Self Care Webinar Series:

<https://www.youtube.com/watch?v=EWmctVhSMsY&list=PLJcBYWhqzHRg7CHD7AHzLS1t4w5t9RBd7>

Welsh Athletics / Sport Wales Managing Uncertainty: <https://www.youtube.com/watch?v=mYVAZ2Wk-kc&list=PLJcBYWhqzHRh2sxOK9CTef-Hk4Ww8jBx>

Sport Wales: [Wellbeing | Sport Wales](#)

World Health Organisation: [Microsoft Word - Mental health considerations 2020-02-14e en 19MARCH2020 marissa.docx \(who.int\)](#)

Child and Adolescent Mental Health Services (CAMHS) are services that support young people with their mental health: <https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-camhs/>

## **Training:**

Mental Wellbeing in Sport & Physical Activity Module – British Athletics:

<https://www.athleticshub.co.uk/course-list/eng>

Mental Health First Aid Training, St John's Ambulance: <https://www.sja.org.uk/courses/workplace-mental-health-first-aid/>

## **Useful Numbers:**

Gambling support - 0808 8020 133

Alcohol support - 0300 123 1110

Childline - 0800 1111



Mental health helpline wales: 0800132737  
or Text- Help to 81066



Hafal (Welsh charity): 01792 816 600/832  
400 / [www.Hafal.org.uk](http://www.Hafal.org.uk)



YoungMinds: 08088025544 / Text YM to  
85258



Samaritans: 116 123



NHS direct: Call 111 /  
[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)



Emergency services: 999