



## Mental Health Resources

To help you increase your mental health awareness and make your event as inclusive as possible, we've put together some resources from Mind – the mental health charity.

- [Archery GB's wellbeing guidance](#) – We want to ensure our sport creates a welcoming, inclusive, and positive environment for everyone to participate in.
- [Mind's Get Set to Go programme](#) – This booklet is ideal for participants who want to get active to benefit their mental health. By working through the sections, attendees can identify their motivations and barriers, and set goals.
- [How to improve your mental wellbeing](#) – Everyone should make time to take care of their own wellbeing. This guide from Mind discusses self-care, improving sleep, stress, and being present. Ideal for sharing with coaches, volunteers and club members.
- [Five ways to wellbeing](#) – Many people say they do archery to cope with stress at work but it's also possible to build strategies for managing stress in the workplace. This guide suggests ways you can build resilience around connecting with others, getting active, learning something new and giving back.
- [Self-care library](#) – This e-book is full of ideas and activities to support your own and others' mental wellbeing.
- [Mental Health and Physical Activity Toolkit](#) – Mind has produced a toolkit to help sports clubs and other providers to support and engage people experiencing mental health problems in physical activity. Each guide contains advice, tools, templates and good practice case studies.

### Other sources of support

- [Samaritans](#) – Whatever you're going through, a Samaritan will face it with you. Phone: 116 123 (available 24 hours, 365 days a year). Email: [jo@samaritans.org](mailto:jo@samaritans.org).
- [SHOUT](#) – Shout is a free, confidential, anonymous text support service. If you are struggling to cope and need to talk, trained Shout Volunteers are here for you, day or night. Text: 85258 (available 24 hours, 365 days a year).
- [GP](#) – Your GP surgery can provide professional support and provide help with accessing treatments. Please contact your local GP for an appointment. Please see the [Mind guide to seeking help for a mental health problem](#).