

Free Mental Health Awareness for Sport and Physical Activity E-Learning Module

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#MentalHealth #GreatCoaching

Mental Health Awareness for Sport and Physical Activity 1st4sport Learning

Build your confidence
to be able to open a conversation about mental health

3 CIMSPA CPD POINTS

1 in 4 Experience mental health problems

~~£18~~ **FREE**

mind 1st4sport Learning UK COACHING LOTTERY FUNDED SPORT ENGLAND

We know how vital it is, both now and going forward, that we all look after ourselves as coaches. We also know that great coaching is about being able to support the people we coach who are experiencing mental health problems. Developed by Mind, 1st4sport & UK Coaching, funded by Sport England, the Mental Health Aware for Sport and Physical Activity E-Learning Module is **now free until 31 August 2020, usually £18!**

One in four people in the UK will experience a mental health problem each year. Completing this course will give you the knowledge, skills and confidence to better understand and support people living with mental health problems, and create a positive environment that ensures they enjoy the benefits of being active and keep coming back for more.

The four modules will increase your knowledge and understanding of mental health, providing you with the practical skills and strategies to be able to:

- build people's resilience, self-esteem and confidence
- adapt your sessions to make them more inclusive
- enable and support mental health recovery, and
- tackle stigma and discrimination.

Enjoy a variety of learning activities, quizzes, case studies and videos that will help you:

- better understand mental health, the misconceptions and how to recognise the red flags
- appreciate the impact and importance of sport and physical activity on mental health

- recognise the barriers to participating in physical activity, and put in place practical ways you can adapt your sessions to overcome them
- understand and connect with people helping to provide an inclusive, person-centred experience
- communicate effectively and offer appropriate guidance
- be confident about opening and holding a conversation about mental health with someone you coach
- make your club or organisation more inclusive, and better prepared to be able to support people experiencing mental health problems

You will also get access to an extensive bank of resources that you can start using straight away.

After completing the course you will be able to download your certificate of completion.