



Supporting young people's wellbeing during physical activity sessions

This guide was co-produced with young people and includes information on how to support them during your sessions.



You're not expected to be an expert, but it's helpful to know how to check-in and how to signpost to information and support.



### What is mental health?

Just like physical health, everybody has mental health and we need to take care of it. Everyone's mental health is on a spectrum and can range from good to poor. We all experience mental health differently too. Mental health problems aren't a sign of weakness.



#### Scan QR for more on:

- Mental health problems that young people experience – like depression, anxiety, eating problems.

 Symptoms young people experience – like anger, self-harm or panic attacks.

Remember, you're not expected to be a mental health expert.

# **Spotting signs**

A range of factors can impact young people's mental health. There may not be an obvious reason and a young person may not know why they're feeling the way they do.





# Focus on spotting changes in their behaviour, thoughts and feelings:

- Is the young person not enjoying activities they usually like?
- Do they appear tired or low in energy?
  Or do they appear more energetic than normal?
- Is the young person quieter and more withdrawn? Or being louder than usual?

- Are they detached, restless or struggling to concentrate on the session?
- Have their appearance and/or habits changed recently?



# **Checking in**

Use non-judgemental language and open questions:

- How have the last few days/weeks been for you?
- How have you been feeling?
- What's making you feel like that?
- You mention that you feel could you tell me more about that?



# Signposting to support

Listen before signposting. Empower young people to choose how they access support by sharing options:

- Who's currently supporting you?
- What can I do to help / what would be helpful for you?
- Can I share some support options with you?

# **Local support services**

Search these databases for a range of support services for young people in your local area.





# Safeguarding

Safeguarding means protecting people's health, wellbeing and rights.



In sport and physical activity settings, safeguarding means protecting people from harm by providing a safe and inclusive environment for them to play sport and be active.

### **CYP support services**

Childline - 24hr helpline (0800 1111), email and online counselling service

The Mix - Online live chat and phone (0808 808 4994) counselling service

YoungMinds-24/7 text line (text YM to 85258)

Beat - Online chat service to support young people with eating problems



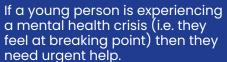


#### **CAMHS**

Young people may choose to speak to their GP, who can provide information or refer them to a specialist NHS service, such as Child and Adolescent Mental Health Services (CAMHS).

Waiting times vary, so offer a range of other support options.

# If it's an emergency



Contact NHS 111 for medical advice or Samaritans (116 123) for emotional support. If they aren't safe, stay with them and call 999.



# Following-up

It may take a young person time to seek help. Be patient. Continue to show you care by checking-in and listening. Simply saying, "I'm here if you want to talk" reminds a young person you're there if needed.





# **Supporting yourself**

Supporting young people can be very rewarding. But, it can also be overwhelming. It's important that you look after your own wellbeing.

Explore how you can support yourself using the 5 ways to wellbeing:

put time aside to chat Connect with another coach

go on a walk and Be active reflect



Take notice – take a new route to your session

Learn - try a new skill

Give - take a break



# **Support for coaches**



SamH: Call 0344 800 0550 (weekdays 9am-6pm) or visit their webpage (samh.org.uk)

Samaritans: Call 116 123 (24/7)

Shout: Text 'SHOUT' 85258 (24/7)

Contact your GP or NHS 111





# To find out more: mind.org.uk/sport

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