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MENTAL HEALTH & WELLBEING SUPPORT PROVIDED BY PLAYER ASSOCIATIONS

The following support services and campaigns demonstrate the work that is being done by Player Associations across the UK:

Support helplines: Most Player Associations provide 24 hour helpline support for a range of mental health issues which can be rapidly followed-up by one-to-one sessions with qualified psychiatrists or counsellors. This service is on offer to members of the RPA (Rugby Players Association), PCA (Professional Cricketers Association), LMA (League Managers Association), PFA (Professional Footballers Association), PFA Scotland, PJA (Professional Jockeys Association), PDPA (Professional Darts Players Association) and the European Tour. The support often extends to former players too.

The PFA also has a nationwide network of counsellors (100+ counsellors on the network which includes former players) available for all members.

Charity Partnerships: The PFA (Professional Footballers Association), Rugby League, PCA, PJA and PDPA (Professional Darts Players Association) work with Sporting Chance, a leading charity set up by Tony Adams which provides a 24hr helpline, access to counselling, education and residential treatment.

Mental Health Awareness Campaigns: A number of high profile welfare campaigns which tackle mental health have been led by the Players Associations in addition to regular education sessions on various issues affecting mental health such as resilience, addiction, bereavement, career transition and injury:

Mind Matters (PCA) – An online educational resource for current and former cricketers to provide information on mental health, signs and symptoms and where to go for support. Featuring Andrew Flintoff and Monty Panesar.

Lift The Weight (RPA) – An online hub with resources, links and cases studies featuring a range of rugby players including Johnny Wilkinson and James Haskell, designed to remove the stigma surrounding mental health issues.

Jockey Matters (PJA) – A series of educational videos featuring one on mental health and wellbeing aimed at raising awareness of mental health issues and the support available. Featuring AP McCoy, Jim Crowley and Mark Enright.

Don't Panic (PFA) – A mental health awareness campaign highlighting 24 hour support helpline and access to safety net for academy players and parents.

Your Cue To Talk (WPBSA) – A campaign to raise awareness and support for players who may be struggling featuring snooker players talking about their mental health.

Mental Wellbeing education & resilience training: Many player associations provide training programmes which focus on education around mental wellbeing, resilience training and mental health first aid training both at Academy and Club level and the PFA hosts a Conference on Mental Health and Wellbeing.

The LMA runs its Wellness programme, offering a full range of mental health services including a series of masterclasses, seminars and workshops, and educational literature focusing on mental resilience and health & wellbeing. Resilience training is also delivered on the mandatory licensing courses for jockeys. The PFA also runs Mental Health/Wellbeing workshops for players alongside its online safety net for academy players and parents whilst the RPA delivers in-club resilience training for all Premiership clubs.

Mental Wellbeing Apps

PFA Scotland has a Support app with relevant contacts and a self-referral form and self help information. The PCA also uses a Mental Wellbeing app with Thrive, an NHS approved app which has been transformed into a custom-made support mechanism for players

Player Welfare staff members: The PFA have a dedicated welfare officer Michael Bennett whilst other sports have a network of Personal Development Managers who can provide players with access to relevant mental health support networks. The PJA has employed its own Performance Consultant Aodhagan Conlon who is a former jockey and the LMA also has its own in-house psychiatrist Dr Allan Johnston

For more information on the PPF's work on Mental Health, including the Mental Health Charter for Sport and Recreation, or for relevant player association contacts, please contact Simon Taylor simon@ppf.org.uk 07726 627422