



# Mental Health in University Sport



# What do we know?

- What do the following terms mean to you?
- Mental Health
  - A state of well-being in which every individual realizes their own potential, and through resilience can cope with the adversity of life. It allows one to contribute to their community and provides a positive sense of self-worth, dignity and a belief in others enabling one to enjoy life.
  - It is determined by socioeconomic, biological and environment factors. It is more than the absence of mental illness

(Taylor and Faulkner, 2005; WHO, 2015)



# What do we know?

- What do the following terms mean to you?
- Mental Illness
- A diagnosable pattern of behaviour which match a particular and defined condition which significantly interferes with an individual's cognitive, emotional or social abilities. Often requires specialist services and treatment and can be a result of a range of causes from genetics, environment and lifestyle.



(APA, 2000; NHS Scotland, 2012)

# What do we know?

- What do the following terms mean to you?
- Mental Wellbeing

Our mental state concerning how one feels and how well you can cope with day-to-day life. It is dynamic. It can change from moment to moment, day to day, month to month or year to year. One with a good mental wellbeing will be able to:

- feel relatively confident in yourself and have positive self-esteem
- feel and express a range of emotions
- build and maintain good relationships with others
- feel engaged with the world around you
- live and work productively
- cope with the stresses of daily life
- adapt and manage in times of change and uncertainty

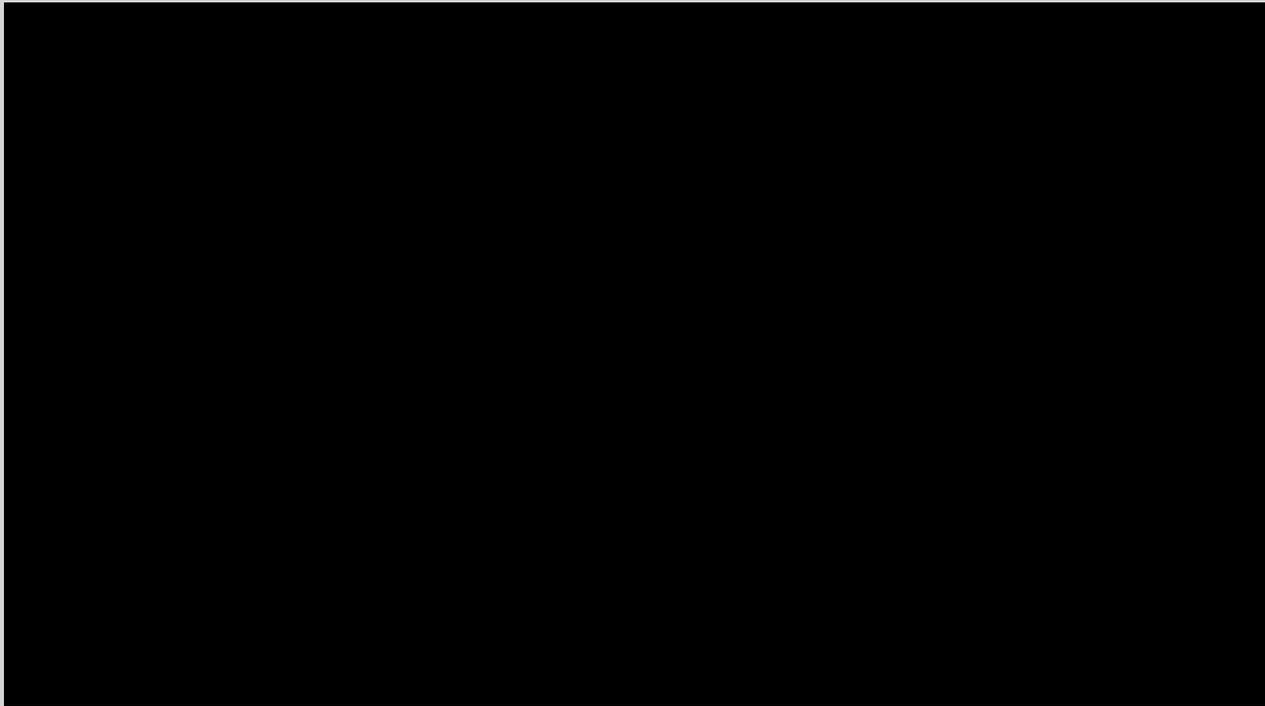
(Mind, 2016)



# Quiz

- How many people will experience a mental health problem in their lifetime? **1 in 4**
- In the last week, how many people will experience a common mental health problem? **1 in 6**
- What % of people with a mental illness will have experienced symptoms by age of 21? **75%**
- How many sick-notes submitted to work are mental health related? **1 in 3**
- True or false: Suicide is the biggest killer of men under age of 49? **True**
- Which of the ratio is correct to male/female suicides? **3:1** | 1:1 | 2:4 | 2:1

# Mental Health Continuum



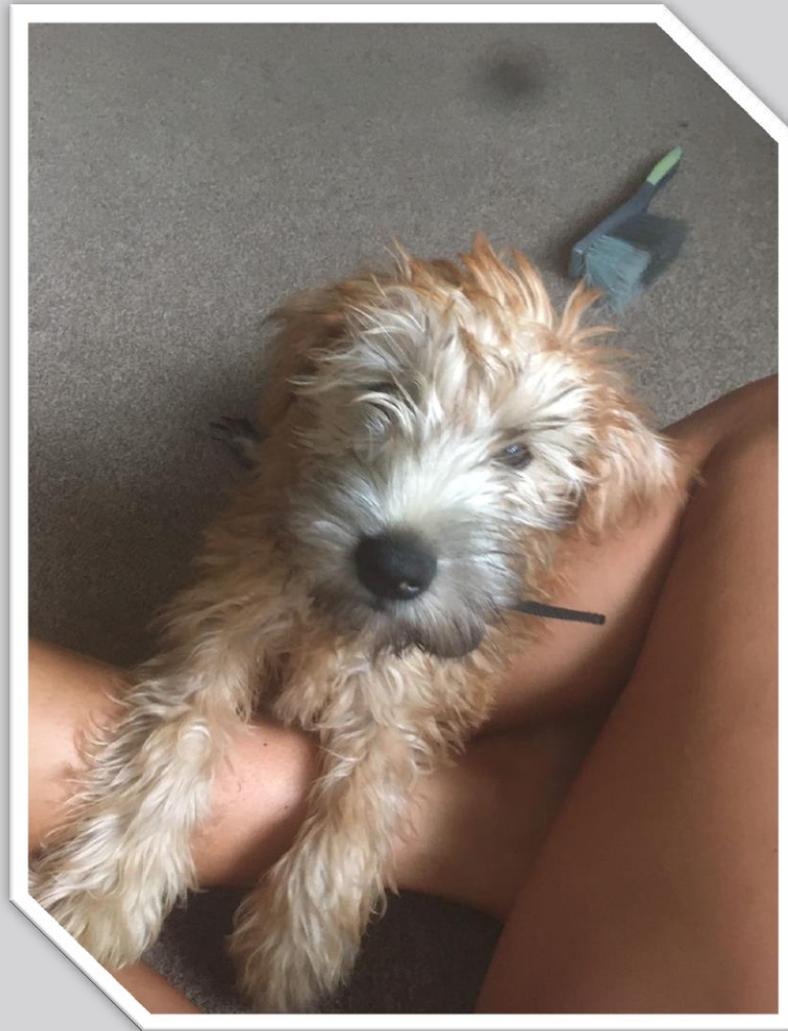
# Ian Braid

- Alumnus of UoM and XXI club member
- Most recently CEO of the British Athletes Commission – the association for Olympic and Paralympic athletes
- Raised the profile of mental health in performance sport
- My own cause for concern, learning from experience

# Black Dog

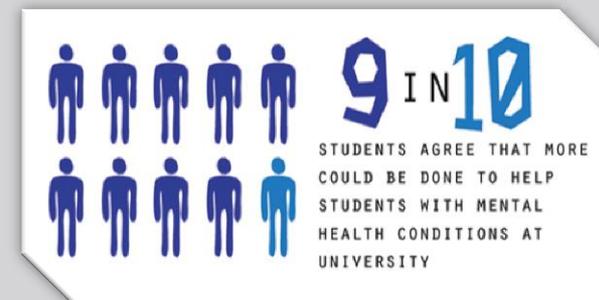
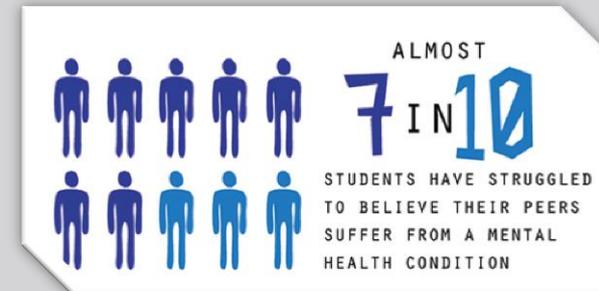


# Black Dog



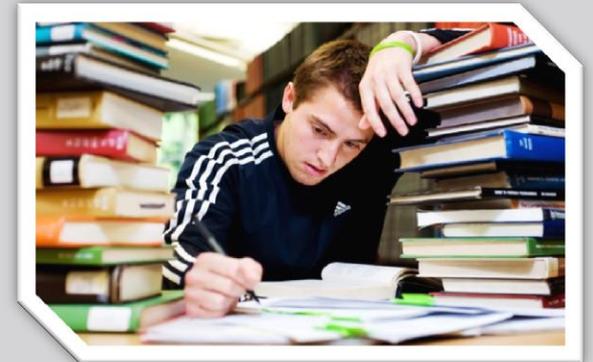
# University MH Stats

- 2015 saw highest number of HE student suicide ever.
- Fivefold increase in students disclosing mental health problem in 1<sup>st</sup> year – 15,395
- Increase in prevalence of depression, anxiety, self-harm
- 30% of all UoM students registered with DASS have a diagnosed mental illness
- More students dropping out of HE due to MH problems than ever before



# Potential Risks

- Transition periods – i.e. moving away from home/graduating
- Isolation
- Fitting in and social norms
- Academic stress
- Financial pressure
- Work/life balance
- Drug and alcohol misuse
- Lack of support
- Identity



# Importance for Sports Clubs

- Let's discuss UoM Sports Clubs and mental health
- Because your clubs can have a major impact
- Both positive and negative
- How and why!?



# Positives

- Your club can be a home, somewhere students feel comfortable
- Valuable social contact
- A release from it all!
- Provide identity
- Shared experiences
- Cathartic response to physical activity



# Risks

- Socio-cultural norms
- Pressure to perform and fit in
- Additional thing to do on top of studying
- Financial pressure
- Injuries



# What can our clubs do?

- Be inclusive
- Create safe environments
- Communication
- Identifying changes in club mates
- Buddy/Mentoring
- Create a culture that tackles stigma



# Why YOU are important

- As a leader, you can see changes in peoples behaviour
- You can make a club inclusive and welcoming
- Tackle stigma and spread awareness
- However taking on extra responsibility will have its affects on you!



# Student Support at the University of Manchester

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# What support is available to students to at the University of Manchester



## Academic Advisors/ Supervisor

- Students are allocated an Academic Advisor or Supervisor for the duration of their degree.
- They can talk to them about any academic or wellbeing issues, however they may refer students to other support services.



## School Support Office

- Each school has a School Support Office to support students with any academic or personal issues they may be facing.
- Signpost students to the Student Support and Advice web page for a list of School Support Office contacts.



## Student Support and Advice

- A central support service covering a range of issues such as finances, wellbeing and academic life.
- Students may not know where to start or be reluctant to speak to their school so they may want to speak to Student Support.
- Based in the Atrium of University Place.

# Specialist support services



## The Counselling Service

- 1:1 confidential counselling to support students to get back on track with their university life.
- Group workshops ranging from managing procrastination to challenging unhelpful thinking habits.
- Online self-help resources.



## The Disability Advisory Support Service

- Support for students with disabilities.
- Offers adjustments relating to study, exams.
- Signpost students to their website to register to access support.

# Online support available to students at the University of Manchester

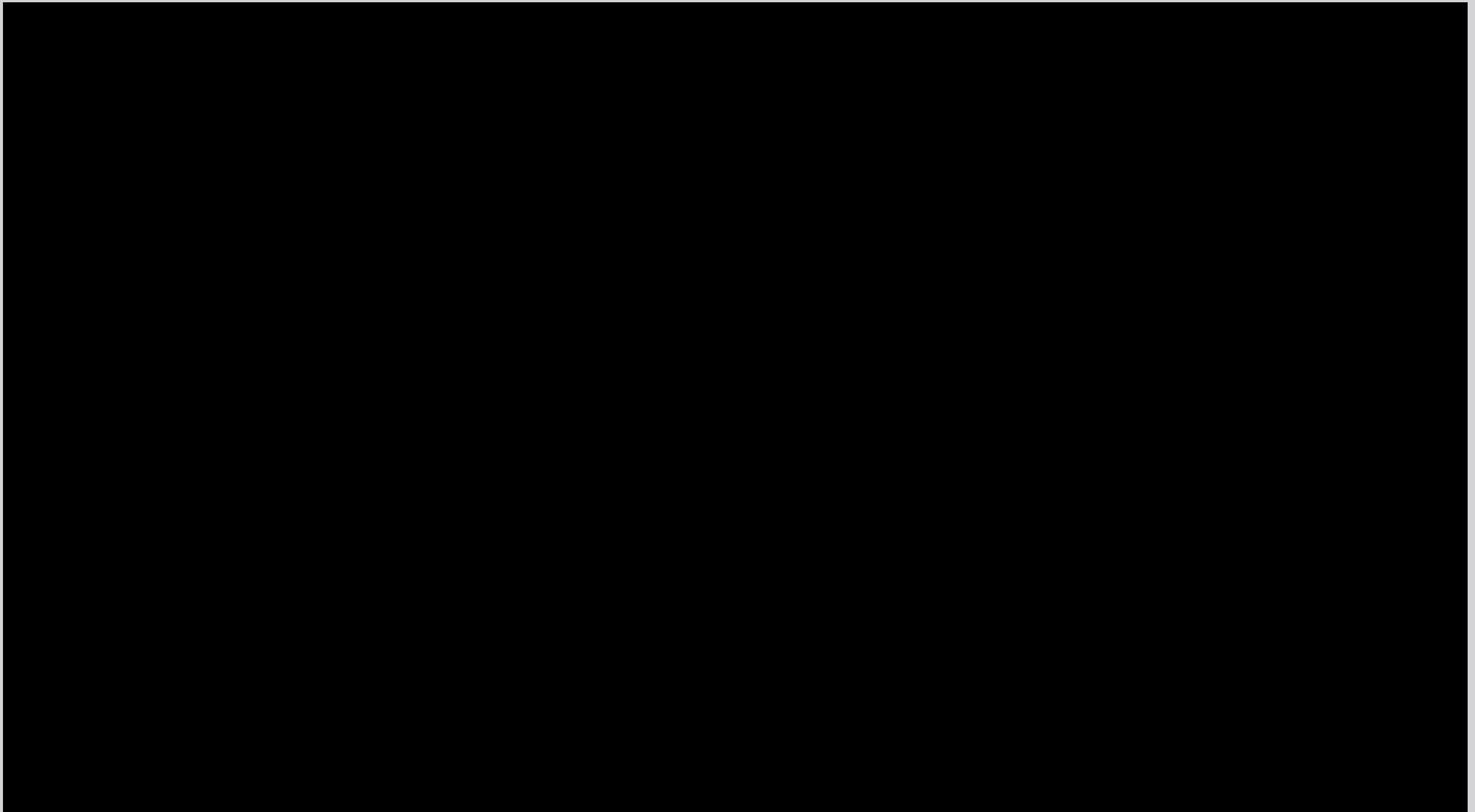
- A wide range of information available on topics surrounding university life such as finance, wellbeing, academic life, visas.



**Student  
support  
and advice**

We're here for you

# A tour of the Student Support and Advice website



# Final thoughts

- If you are unsure where to go or who to talk to just pick up the phone or email Student Support and Advice and they will be able to refer the student to specialist support services.
- Contact details:

[studentsupport@manchester.ac.uk](mailto:studentsupport@manchester.ac.uk)

0161 275 3033/3781

MANCHESTER  
1824  
The University of Manchester

**Student  
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# Further Steps

- Student Minds training for a member of your committee
- Think about your club and what you do to help!
- World Mental Health Day (10<sup>th</sup> October) Can you do something?
- Look after yourself!

