

# Summary of the Mental Health Strategy for the High Performance System



## Objective

The aim of the Mental Health Strategy is to create a positive mental health environment for everyone in the UK high performance system. This is delivered through a dynamic approach that promotes positive mental health, provides education and looks to reduce the risk of mental health problems developing, alongside an early intervention approach to managing problems as they arise.

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## People

It applies to all people in the high performance system as mental health is as important for senior leaders, coaches, practitioners and administrators, as it is for athletes. A coherent approach between all components of the high performance system is essential: UK Sport is responsible for developing the strategy and its assurance; with Home Country Sports Institute and National Governing Body practitioners, and each of the World Class Programmes responsible for delivering the strategy and creating the outcome.

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## Timescale

The Mental Health Strategy will be implemented during the Tokyo Cycle, but recognises that enhancing positive mental health is a multiple cycle endeavour.

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## Leadership & Expert Advice

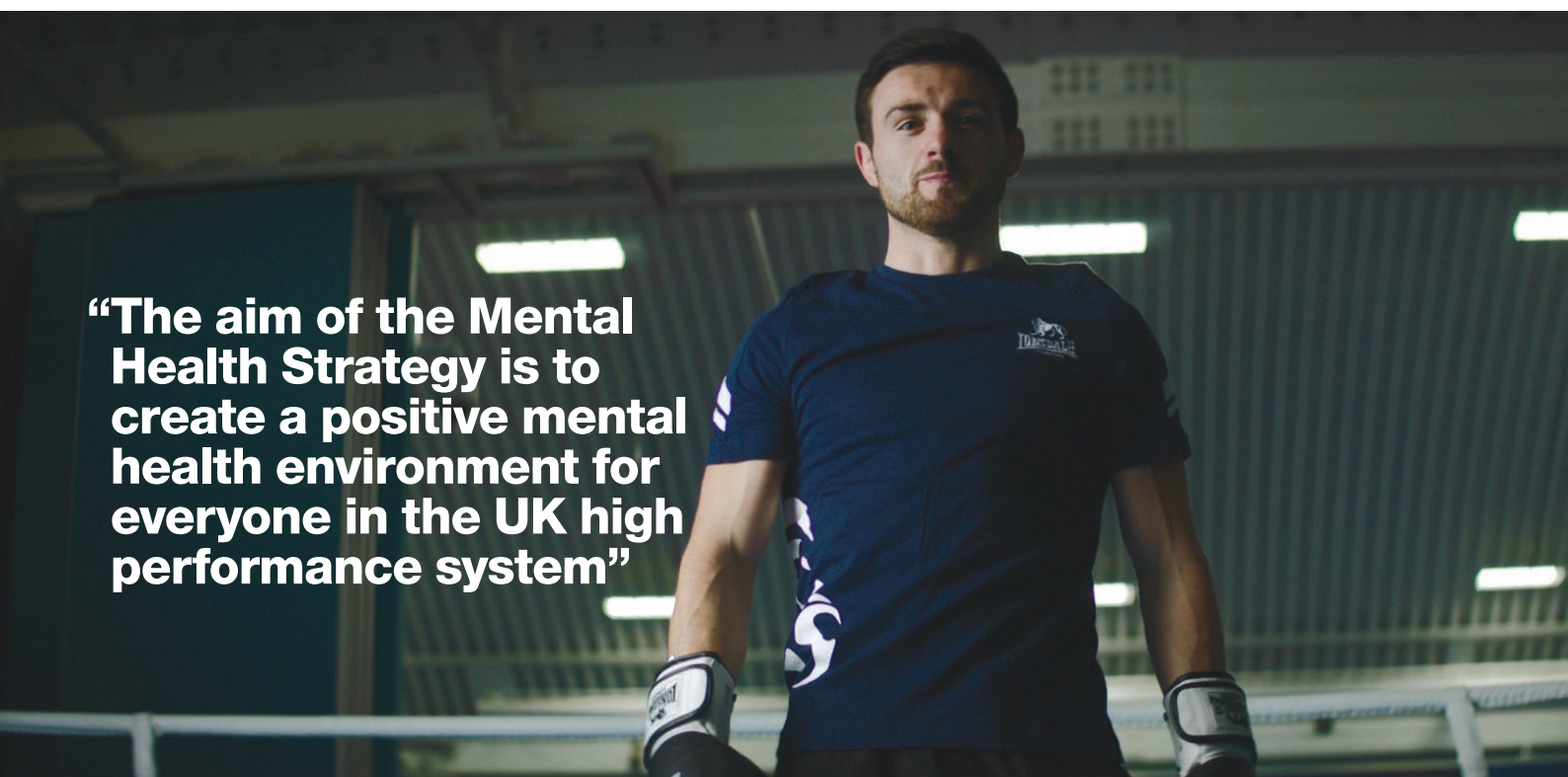
The implementation and success of the strategy is dependent on the provision of the appropriate leadership to drive the strategy throughout the HP System; and access to contextualised expert advice.

### 1. Head of Mental Health

EIS will appoint a Head of Mental Health to lead the implementation of the strategy, reporting to the Director of Athlete Health.

### 2. Mental Health Expert Panel

An expert panel, consisting of a mix of psychiatrists and clinical psychologists, with experience of elite sport to provide advice to medical officers and other key decision makers dealing with mental health issues.



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## **Pillars**

The Mental Health Strategy consists of 4 Pillars: **education, provision, communication and assurance.**

### **1. Education**

The education pillar will promote positive mental health in the high performance system, and to enhance individual self-awareness on what constitutes good mental health and the identification of potential mental health problems.

### **2. Provision**

The mental health provision will deliver a comprehensive package of support for all athletes in the high performance system from induction, through performance and competitions, to transition out of the high performance system.

### **3. Communication**

The communications pillar will support the education and provision pillars in order to de-stigmatise mental health and ensure parity of esteem with physical health. A comprehensive and multi-media campaign will be developed to provide all World Class Programmes with resources and support to allow an informed and persistent discussion of mental health by all stakeholders.

### **4. Assurance**

Annual assurance through the Culture Health Check will provide feedback on efficacy of the mental health strategy and whether it needs further review. The expectation is that satisfaction ratings should be comparable with physical health. In addition, the strategy will be externally reviewed after the first four years of operation to identify further scope for improvement. This will be done through a combination of academic review and benchmarking against other sectors, such as the armed forces and the construction industry.

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For further details on any of the above or an opportunity to discuss your needs please contact [tom.degun@uksport.gov.uk](mailto:tom.degun@uksport.gov.uk)