



for positive **mental health**  
in young sportspeople

[www.sportingmindsuk.org](http://www.sportingmindsuk.org)

## Support Us

Support us in our efforts to raise awareness, get in touch.

## Get Support

If you're looking for support, you are not alone, we are here.

## Be a part of it....

- ✓ Free and confidential one-to-one support service
- ✓ Community and network to talk about mental health
- ✓ Team training and education around mental health in sport