

MENTAL HEALTH AWARENESS IN FOOTBALL



Southend Invictus F.C.

We are a family-friendly club who support everyone to be all that they can be. As a club, we would like to raise awareness of, and break the stigma around, mental health.

We believe that sport can play a huge role in tackling stigma and its effects:

- in breaking down boundaries between people with and without mental health problems
- creating social integrations and boosting self-confidence
- tackling physical health inequalities

If you require any support, or someone to talk to, contact any of the organisations below:

Samaritans

Confidential, non-judgement emotional support, 24 hours a day, for people who are experiencing feelings of distress or despair, including those which could lead to suicide:

☎ **116 123** or **www.samaritan.org**

Papyrus HOPELINEUK

Under 35 and struggling with suicidal feelings, or concerned about a young person who may be struggling?

☎ **(0800) 068 4141** (Text **07786 209697**)

SANeline

SANE provides practical help to improve quality of life for people affected by mental illness:

☎ **(0300) 123 3393**

Switchboard

If you identify as gay, lesbian, bisexual or transgender, then call:

☎ **(0300) 330 0630**

Mind and Rethink

The mental health charities who run the 'Time to Change' Campaign have a wealth of information and resources about mental health issues. There are also local branches of Mind and Rethink. The service that they provide varies, but there is likely to be a branch near you which will offer some support and information:

☎ **(0300) 304 7000**

CALM

If you are male call:

☎ **(0800) 58 58 58**

Students

If you are a student, then look on the Nightline website (**www.nightline.ac.uk**) to see if your university or college offers a night-time listening service.