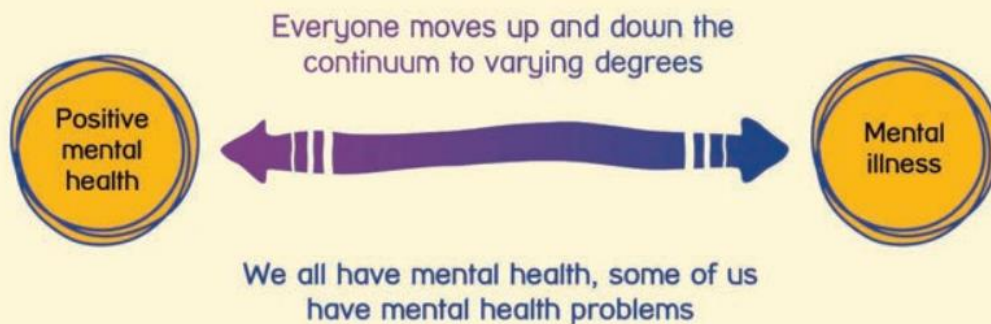


#RunAndTalk

Definition of Mental Health

Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.



© Mind Source: World Health Organisation (2014)

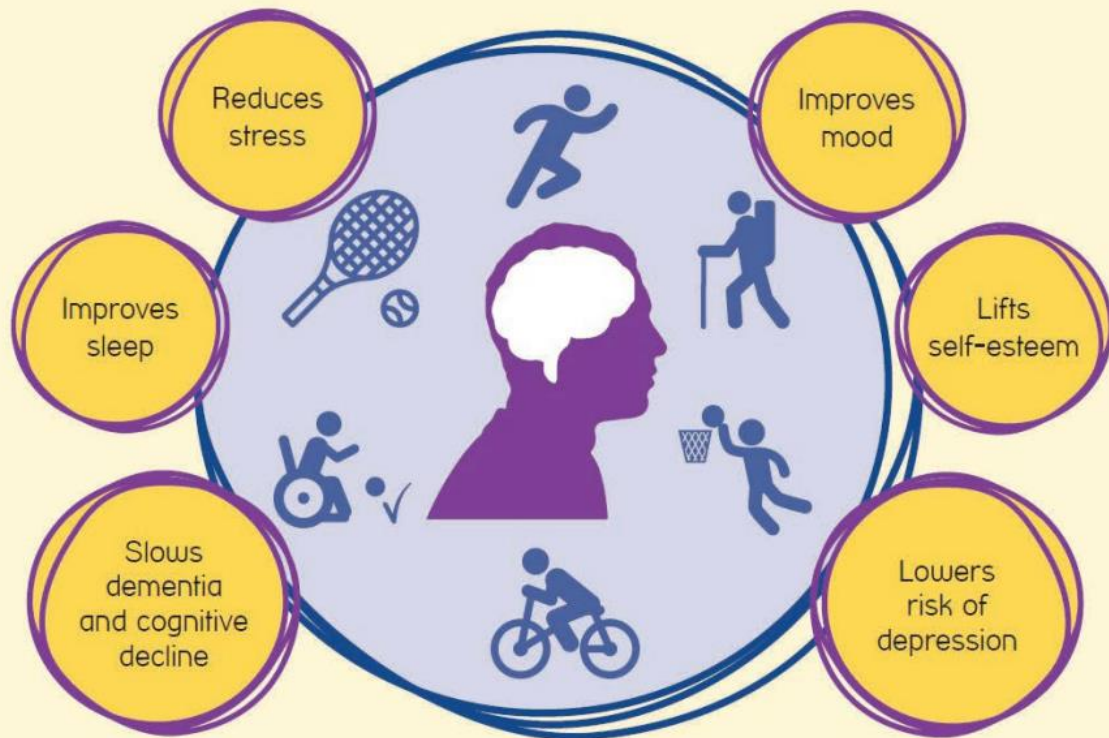
Mental health problems can affect the way you think, feel and behave. They affect around one in four people in Britain, and range from common mental health problems, such as depression and anxiety, to rarer problems such as schizophrenia and bipolar disorder. A mental health problem can feel just as bad, or worse, as any other physical illness – only you cannot see it.

- ◆ Mental illness is the single largest cause of disability in the UK and accounts for one third of all illnesses. It is also the largest cost to the NHS at £10.4 billion (10.8% of the NHS budget).
- ◆ Mental health conditions do not discriminate – they affect people of all ages, genders, sexualities and ethnic groups. They do not care if you are rich, poor, successful, married or single– they really can affect any one of us.
- ◆ Only 16% of people with mental health conditions take part in sport or physical activity on a regular basis (once a week) compared to 35.7% of non-disabled people. (*Active People Survey 7*)

Physical activity and sport have a wide range of health benefits – for your mind as well as your body. Mental health benefits include:



Impact getting active has on mental health



© Mind Adapted from Sport England (2017)

Boundaries for England Athletics' Mental Health Champions

England Athletics' [#RunAndTalk programme](#) has recruited over 1,000 volunteers as Mental Health Champions. Their role is to support people to access the wellbeing benefits of running, reduce stigma and get people talking about mental health.

Given the importance of the role, England Athletics has established clear boundaries for what Mental Health Champions will and won't do.

Champions will:

- **Support:** Working with other people in their running club/group to proactively support the mental wellbeing of members.
- **Engage:** Build links with their local mental health groups and organisations, and encourage their members to start running.
- **Promote:** Promote #RunAndTalk on social media and share posts from England Athletics, RunTogether, Mind and other Mental Health Champions.
- **Talk:** Start conversations about mental health with members and share good news stories to get people talking about mental health.
- **Advocate:** Share guidance and information with their club/group about mental health issues related to running.