



CSC Mental Health Advice

Physical activity is a great way to keep you physically healthy as well as improving your mental wellbeing. Research shows that doing exercise releases feel-good chemicals called endorphins in the brain. For swimmers, chasing personal bests and representing your club and your own ambitions takes a lot of drive and commitment. It is not always easy to balance training and competing alongside school, exams and life!

Approximately one in four people will experience a mental health problem in any given year – that could be two or three in every race at your next competition.

Step-by-step Mental Health Advice:

Is it an emergency?

1. If it's an emergency, call 999 or attend A&E as soon as you can
2. You may then be referred to CAMHS, which is the child and adolescent mental health services.

If it's not an emergency:

1. Speak to your club welfare officer, parent or guardian, friend, coach, mental health first aider or colleague for support.
2. One of these people may help you decide to seek advice from one of the organisations below.
3. They may also help you arrange an appointment with a GP.
4. A GP may also refer you to CAMHS.

Mental health helplines available:

- Samaritans/Free phone: 116 123
Web: [samaritans.org/how-we-can-help/contact-samaritan/](https://www.samaritans.org/how-we-can-help/contact-samaritan/)
- Mind/Helpline: 0300 123 3393/Text: 86463
Web: [mind.org.uk/information-support/helplines/](https://www.mind.org.uk/information-support/helplines/)
- NHS/Web:
[nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/)
- The Mix/Free phone: 0808 808 4994 (13:00 – 23:00 daily)
Web: [themix.org.uk](https://www.themix.org.uk)
If you're under 25, you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.
- Self-harm/Web:
[youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/](https://www.youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/)
- BEAT (beating Eating Disorders)/Helpline: 0808 801 0677/Youthline: 0808 801 0711
Web: [beateatingdisorders.org.uk/](https://www.beateatingdisorders.org.uk/)
- Child Line/Free phone: 0800 1111
Web: [childline.org.uk/info-advice/](https://www.childline.org.uk/info-advice/)*Helpline available specific for young people*
- Swimline/Helpline: 0808 100 4001

As a member of our club you have a right to be listened to and to be looked after. The club welfare team can support you and your family with this so please contact us.

Sarah Valovin (CSC Club Welfare Officer) welfare@crowleysc.co.uk

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Swim England
Pavilion 3, SportPark, 3 Oakwood Drive,
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