



Mental Health Policy

What is mental health?

Just as we have physical health, we all have mental health too. Mind defines good mental health as being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible to cope with. This can feel just as bad as a physical illness, or even worse.

Approximately one in four people will experience a mental health problem in any given year. Common mental health problems include depression and anxiety, while less common problems include schizophrenia and bipolar disorder. Mental health problems can affect anyone and can have a wide range of causes that can be complex and interrelated. It's likely many people experience a combination of causes – although some people may be more deeply affected by certain factors than others.

What swimmers need to know about mental health problems?

- Being active can have a positive impact on mental health including: improving mood, increasing self-esteem, lowers the risk of depression, slows dementia and cognitive decline, improves sleep and reduces stress.
- Swimming has helped to reduce the symptoms of anxiety or depression for 1.4 million adults in Britain. Almost half a million British adults with mental health problems have stated swimming has helped to reduce the number of visits to a medical professional regarding their mental health.
- Swimming and being in water can help with relaxation.

Additional advice For more information about mental health, please visit the following:

Youth Emotional Support (YES) Service

<https://www.westsussex.gov.uk/education-children-and-families/your-space/health/emotional-wellbeing-and-mental-health/youth-emotional-support-yes-service/>

CAMHS <https://www.sussexpartnership.nhs.uk/Sussex-CAMHS>

Samaritans Free phone: 116 123

Mind Helpline: 0300 123 3393 Text: 86463 <https://www.mind.org.uk/>

The Mix Free phone: 0808 808 4994 (13:00-23:00 daily) themix.org.uk

Self-Harm youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/

Eating Disorders BEAT (beating Eating Disorders) Helpline: 0808 801 0677

Youthline: 0808 801 0711 beateatingdisorders.org.uk/

Child Line Helpline available specific for young people Free phone: 0800 1111 childline.org.uk/info-advice/

Wave power – Swim England's Child safeguarding policy swimming.org/swimengland/wavepower-child-safeguardingfor-clubs/



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