

Coronavirus & Mental Health



Heads Up

Advice and resources for Football Clubs

These are very different times that football, and the rest of the world, is facing. For some, it may be a time of worry, uncertainty, stress, loneliness, or concern for those closest to you. So it's important to look after your mind, as well as your body, during this time.

There are many organisations and charities offering support and advice for looking after your mental health at this time. The information and links below will help players of all ages, staff, managers, coaches, officials and families, to access useful information, tips, advice and further support.

Mental Health Advice

The **Government** has published new advice on looking after your mental health during coronavirus.

[GO TO RESOURCE](#)

Every Mind Matters: You can get more self-care tips to use while staying at home from Public Health England's Every Mind Matters website.

[GO TO RESOURCE](#)

Mind: Read Mind's guide to coronavirus and your wellbeing.

[GO TO RESOURCE](#)

CALM have provided a little help to get you through these strange times.

[GO TO RESOURCE](#)

Getting Support

- **Shout** – Anyone who is feeling anxious, stressed, low or in crisis, can text '**HeadsUp**' to **85258** to connect with a trained crisis volunteer who will chat to you by text message. This service is available 24/7 and free to text from major mobile networks in the UK. It is run by 'Shout', powered by Crisis Text Line.
- **Samaritans** – Whatever you're going through, you can call the Samaritans for free at any time, from any phone. Just dial **116 123**. They're available to offer support 24/7, every single day of the year.
- **CALM** runs a dedicated helpline and webchat service. Call CALM on **0800 58 58 58** or use the webchat service at www.thecalmzone.net/help/webchat/. The helpline and webchat are open from 5pm to midnight every day.
- **Find a local service** – You can find local organisations at hubofhope.co.uk – a free website and app which uses a person's location to pinpoint local and national mental health support, from anywhere in the UK.

For Players

- **Player Helpline** – Through the player helpline you can have a confidential Skype, Zoom or FaceTime conversation right now.

Call or text **07500 000777** delivered by Sporting Chance.

- **Safety Net** is a place where you can get individual help and advice. Visit thepfa-safetynet.com or contact gbowyer@thepfa.co.uk

For Managers

- The **LMA**'s in-house consultant psychiatrist Dr Allan Johnston and his team are available to provide complimentary 1-to-1 confidential advice and support to LMA members and their families in any situation. Consultations can be carried out over the phone or by video call.

To request a chat in complete confidence, contact LMA Member Services Director **Ali Betson** on **07855 022117**

For Staff

- **Mental Health At Work** – You can find tips for employees on how to support yourself and your colleagues while working from home [here](#).

For Families and Young People

- **The Mix** offers useful guidance and support for young people aged 13 to 25 including a free phone line for confidential support. Call **0808 808 4994** (open 7pm to 11pm, 7 days a week) or visit www.themix.org.uk
- **YoungMinds Parents Helpline** is a free, confidential helpline for any adult who is concerned about the emotional problems, behaviour or mental health of a child or young person. Call **0808 802 5544** or visit youngminds.org.uk/find-help/for-parents/parents-helpline/
- **Childline** is a free, private and confidential service to talk about anything. Childline can be reached online, on the phone, anytime at **0800 1111** and www.childline.org.uk
- **Papyrus** provide confidential support and advice to young people struggling with thoughts of suicide, and to anyone worried about a young person. Call **0800 068 4141** or visit www.papyrus-uk.org
- **LifeStyled Club** is a support network for the wives and partners of professional footballers, offering wellbeing advice and resources for during and after life in professional football. www.lifestyledclub.com

Heads Up is proud to work with its charity partners

