

# WORLD MENTAL HEALTH DAY



British Taekwondo is supporting the Mental Health Foundation's 2022 World Mental Health Day. This is a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling. Please access our [dedicated web page](#) for more information.



Our mental health is at least as important as our physical health. It strongly affects our daily lives – how they feel to us, as well as our ability do the things we need and want to, including work, study, getting on with people and looking after ourselves and others.

Many people are reluctant to talk about their feelings and their mental health – there is still a stigma around it. Ironically, not sharing our feelings with anyone, or even knowing what they are, can make our mental health worse. Talking can help us find hope again, and feel closer to other people.

**In collaboration  
with:**





We encourage you to talk within your clubs where possible. However, we understand the various reasons why people may not want to discuss their personal mental health problems with people in their own social circle.

In these circumstances we encourage all members to still reach out to someone, either a recommended member of British Taekwondo staff or a dedicated charity.

**Emily** - [membership.services@britishtaekwondo.org](mailto:membership.services@britishtaekwondo.org)

**Annie** - [disability@britishtaekwondo.org](mailto:disability@britishtaekwondo.org)

**Rachel** - [safeguarding@britishtaekwondo.org](mailto:safeguarding@britishtaekwondo.org)

Information sources: [Mental Health Foundation](#), [NHS](#) and [Mind](#).



We understand, the importance of mental health being understood and healthy habits being promoted within our clubs and across the British Taekwondo community.

While the 10th October is World Mental Health Day, every day is important to look after your mental wellbeing. We hope you find this guide helpful and something you can use throughout the year. You can also find information and updates on our website via the Mental Health Awareness page at [www.britishtaekwondo.org.uk/mental-health](http://www.britishtaekwondo.org.uk/mental-health)

Information sources: [Mental Health Foundation](#), [NHS](#) and [Mind](#).



We have compiled tips from across a variety of respected organisations on how we can protect our mental health.

It's not always easy to start with caring for your wellbeing, so before you begin, it might be helpful to:

- Only try what feels comfortable.
- Give yourself time to figure out what works for you.
- Going at your own pace.
- Take small steps. Pick one or two things that feel achievable at first, before moving on to try other ideas.

Information sources: [Mental Health Foundation](#), [NHS](#) and [Mind](#).



## TIPS

Protecting your mental health is essential to live a happy and fulfilled life, and luckily it is easier than you might think:

- Practice active relaxation and mindfulness.
- Find new ways to be active.
- Try a new creative hobby.
- Try to get enough regular sleep.
- Connect with friends and family.
- Spend time in nature.

Mind.org have a catalogue of mindfulness activities and resources which can be found [here](#).

Information sources: [Mental Health Foundation](#), [NHS](#) and [Mind](#).



# Mental Health UK

**England – Rethink Mental Illness**

**Website - Contact Rethink Mental Illness**

**Telephone – 0808 801 0525**



**Northern Ireland – MindWise**

**Website - Contact Us ([mindwisenv.org](http://mindwisenv.org))**



**Scotland – Support in Mind Scotland**

**Website - Contact us | [Support in Mind Scotland](http://Support in Mind Scotland)**

**Telephone – 0300 323 1545**



**Wales – Adferiad Recovery**

**Website - [Adferiad Recovery](http://Adferiad Recovery)**

**Telephone – 01792 816600**





## **MIND**

**Website:** [www.mind.org.uk](http://www.mind.org.uk)

**Telephone:** 0300 123 3393

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)



## **Young Minds**

**Website:** [www.youngminds.org.uk/](http://www.youngminds.org.uk/)

**Text Line:** 85258



## **Child Line**

**Website:** [www.childline.org.uk/](http://www.childline.org.uk/)

**Telephone:** 0800 1111

**Other Contacts:** [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)



## **Samaritans**

**Website:** [www.samaritans.org/](http://www.samaritans.org/)

**Telephone:** 116 123

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

