

MENTAL HEALTH IN SPORT

EDUCATION HUB

Workshops and initiatives focused on wellbeing, resilience and support systems in football and sport



TAKING ACTION FOR FOOTBALLERS' MENTAL WELLBEING

Addressing the unique mental challenges faced by footballers and sports professionals through tailored workshops, discussions and support initiatives.



PLAYER WELLBEING

Building resilience, managing stress and promoting mental health



PEER SUPPORT

Connecting with peers to share experiences and learn from each other



AGENCY INSIGHTS

Engaging with agents and agencies to address key issues and enhance support systems.



STRONGER SYSTEMS

Collaborating with groups like the PFA to strengthen mental health structures in sport.

**MENTAL WELLBEING MATTERS.
STRONGER SUPPORT MAKES A BETTER GAME.**