OFF THE PITCH
a Minds at Peace Foundation programme

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Every club checks the hamstrings. Few check the head.

A one-page guide for captains, coaches and anyone who runs the team chat.

What to look out for

- Missing training, or turning up and going through the motions.
- Quieter than usual, or louder than usual.
- Drinking, gambling or going out more.
- Talking about being a burden, or not seeing the point.
- A big change: injury, being dropped, a break-up, losing a job, losing someone.

How to ask

- Pick a moment away from the group: the car park, a lift home, a message.
- Ask straight: “How are you really doing?” If the answer is “fine”, ask again.
- If you’re worried about suicide, ask directly: “Are you thinking about ending your life?” Asking will not put the idea in their head.
- Listen more than you talk. You don’t have to fix it.

What to do next

- Help them speak to their GP, or call a support line together.
- If someone is in immediate danger, call 999 or your local emergency number, and stay with them if it is safe.
- Tell someone you trust at the club. And look after yourself too.

Support in the UK

Samaritans: 116 123, free, 24 hours a day
Shout: text SHOUT to 85258
NHS 111: choose the mental health option

Elsewhere: scan the code for numbers where you are.

Minds at Peace is not an emergency service.