

# WHY IT IS IMPORTANT FOR COACHES TO LEARN ABOUT MENTAL HEALTH

 @BELIEVEPHQ



It provides coaches with the confidence of how to spot the signs and symptoms of mental health problems



So that they can understand how to look after their own mental health



So that they can best support athletes to are struggling with their wellbeing or mental health



So that they are confident in providing coping skills to coaches and athletes



Better education will lead to a reduction to the stigma of mental health in sport



The more confident coaches are in understanding mental health the more confident they are in supporting others



So that they can support athletes through developmental and psychological transitions in sport



So that they can develop key skills such as supporting someone, identifying risk and knowing who to go to for extra support



So they have more awareness around topics such as suicide

