



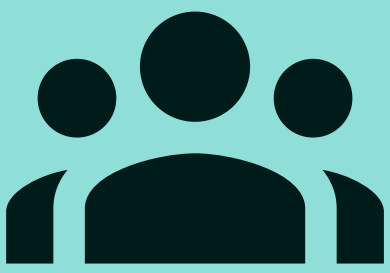
The free well being service for grassroots sports clubs.

Learn more at [www.mindsetmentalhealthmatters.co.uk](http://www.mindsetmentalhealthmatters.co.uk)

[email-contact.mindsetmhm@gmail.com](mailto:email-contact.mindsetmhm@gmail.com)

What we can offer you

### Why?



To explain why the club should get behind the initiative and what benefits it will bring, we will meet with the board, sponsors leaders etc.

### How?



We will meet with your coaches and go through a short program of training, including active listening and working on understanding others window on the world

### What?



Along with access to our online free well being resources, we will meet with players, parents, coaches etc and go through a short program of identifying those at risk of common mental health issues and discuss ED&I within the club

### Extended training



want to go further

Access to discounted certificated training via our parent company Mindset - where mental health matters

**Don't wait until it's too late...**