Who are we?

- Dr. Phil Cooper – Nurse Consultant Mental Health and Substance Use / Co-founder State of Mind Sport
- Former Rugby League players
- Background
State of Mind Sport

Aims

• To promote an increased awareness of mental fitness, wellbeing and resilience in rugby league players, fans, and communities

• Tackle stigma, signpost to support, encourage early access and prevent suicide.
Sport speaks many languages

- State of Mind Sport prevent ill-health, challenge stigma and saves lives round of fixtures in Super League (1st in British sport)
- Influences the public health agenda on suicide prevention groups and nurses are using sport for care and recovery plans to add value to nursing
Benefits of engaging in sport and recreational activities

- Improves social well being, enables connections with others and friendships
- Prevents isolation and withdrawal – Meaningful activity improves self confidence and esteem
- Combining with physical exercise and activities has the potential to improve fitness, strength, mood and reduce stress
- Enables reaching vulnerable individuals and at risk groups to promote health, well being and resilience
Stigma Tackled

- People fall through the gaps or don’t access help
- State of Mind Sport get asked to speak to people with the most complex needs
- Using language that resonates with those in sports rather than medical language
- Using former players with lived experience to deliver the messages alongside health professionals
What we do

• We have delivered education sessions in high schools, construction sites, sports clubs to over 16000 people with brief interventions in anxiety, depression and alcohol misuse and are extremely efficient
• State of Mind Sport allows nurses to get in places other NHS services do not access because we use sport and players to improve mental fitness and prevent ill health
• People access help and support earlier and we encourage self management of long term mental health conditions that will reduce the health burden on NHS services (Birchwood, Beaumont, Rainford, Hawkley High, Heath School)
Case Example
What we do

- Sessions delivered to people with severe and enduring mental health problems in secure units / prisoners
- People with severe and enduring mental health die on average 10-15 years younger than the general population
- Using sport to improve physical health It’s Time To Move staff and service users walking together with local sports stars
- Improves quality of life and those involved promoting independence and reducing reliance on medication
Boot room project
Big Lottery Funding - university evaluations
Travelling conference – local sportsmen and women
Australia, Ireland and social media and partnerships with media
Thank you for your time and attention!

- Twitter: @SoMRugbyLeague
- www.facebook.com/pages/State-of-Mind
- www.stateofmindsport.org

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