



Spot.

Support.

Signpost.

How you can help someone who may be struggling with their mental health

SAMARITANS

Call free day or night on

116 123

A registered charity

Learning outcomes

1. Increased understanding of **Spot. Support. Signpost.**
2. Increased knowledge of how to **spot the signs** someone maybe struggling with their mental health.
3. Increased confidence to **support someone** (if you feel able to do so).
4. Increased knowledge of how and where to **signpost people to support.**





I had a choice to make when I nervously went along to my first yoga class.

Should I trust the yoga instructor and share how my mental health may impact my practice?



the signs someone may be struggling.

Spot | Support | Signpost

them to help and support.



Spot.

Spot the signs someone may be struggling.

Spot | Support | Signpost

Not attending social activities she usually attends

Avoiding or missing sessions

Reduced motivation

Behaviour

Not enjoying activities she usually likes

Isolating themselves

Exercising more than usual, and it's taking over her life

Quieter or more
withdrawn than
usual

Louder or more
energetic than usual

Mood

Extreme mood
swings

Said she's feeling
sad, anxious or
worried

Expressed thoughts
of self-harm or
suicide

Said they feel trapped or
hopeless

More
forgetful than
usual

Thoughts and feelings

Finding it hard to
concentrate

Difficulty making decisions

Confused
or disordered
thoughts

Drinking or smoking
more than usual

Sleeping too much
or too little

Habits

Changes in
appetite or weight

Neglecting self-care

Unexplained headaches,
other aches or pains

Physically

Appearing tired

Feeling sick or
nauseous

Crying, restless or
agitated

...or none of these signs!

Support.

Support them (if you feel able to do so).

See if urgent help is needed

Understand the best time and place for a conversation

Pose open-ended questions

Provide validation for their feelings and experiences

Offer emotional support and show empathy

Reassure them it's good to talk

Thank them and summarise

See if urgent help is needed

If you or others feel at risk of harm
call 999.

If she's not safe by herself
help her get to A&E or stay with her and call 999 for an ambulance.

If you think she can keep herself safe
help her to make an emergency GP appointment or to contact a helpline:
Samaritans (call 116 123), Shout (text SHOUT to 85258) or call NHS 111.

Understand the best time and place for a conversation



Before or after the session



Quiet, informal space away from people

Pose open-ended questions

“How have you been feeling since I last saw you?”

“Have you felt like this before? What happened, and what helped?”

“Can you tell me more about how you're feeling?”

Give her your full attention. Actively listen to what she is saying.

Provide validation for their feelings and experiences

Avoid assuming you know how she's feeling. "I understand how you're feeling" may not be helpful.

Reassure Beth that her feelings are valid – "It's okay to feel how you do."

Let her guide the conversation. If in doubt, ask – don't assume.

Offer emotional support and show empathy

Don't try to fix her problems.

Avoid unhelpful cliches – “pull yourself together”, “you're just having a bad day” or “don't stress”.

Show empathy – “I appreciate this must be challenging”.

“Generally, the most supportive people are those who listen to understand, don't try and solve the problem but are really ‘hearing’ you.”

Reassure them it's good to talk

It may have been hard to open up – “I'm glad you spoke to me. I know it might have been difficult to talk about this, but you've taken a big step today.”

Don't assume she wants to be signposted to support.

Empower her to decide what's next.

Thank them and summarise

Check if she will have support after the session.

Summarise the conversation and anything you and/or Beth have agreed to do.

No such thing as a perfect conversation.

Check-in

Flexibility

Extra support

(if you're able to)

Ask

Wellbeing
space

**Don't forget about
self-care!**

Signpost.

Signpost them to help and support.

Spot | Support | Signpost



Call 0300 102 1234

(Open 9am–6pm weekdays
except bank holidays)

childline (under 19s)

ONLINE, ON THE PHONE, ANYTIME

Call 0800 111 or
chat to them online at
childline.org.uk

Hub of Hope

Enter your postcode to find mental health support in your area

hubofhope.co.uk

GPs

GPs can provide advice and refer people to professional services

nhs.uk/service-search/find-a-gp

Side by Side

Online peer support community

sidebyside.mind.org.uk

SAMARITANS

Call 116 123



Call 111 and press 2

shout
85258

Text SHOUT to 85258

Under 25

The Mix

Call **0808 808 4994** or chat to them online (4–11pm on weekdays) at **themix.org.uk**

Older people

Age UK

Call **0800 678 1602** (8am–7pm every day)

Black, African and Asian communities

Black, African and Asian Therapy Network

Find resources and therapists at **baatn.org.uk**

Black community

BAYO

Collection of organisations and services for the Black community at **bayo.uk**

Wales

Community Advice & Listening Line (C.A.L.L.)

Call **0800 132 737** or text help to **81066**

LGBTQIA+ community

Switchboard

Call **0800 0119 100** (10am–10pm every day) or online chat at **switchboard.lgbt**

For more services

Helplines Partnership directory

Visit **helplines.org/helplines**



See if urgent help is needed



Understand the best time and place to talk

?? Pose open ended questions



Provide validation

Offer emotional support



Thank them



Reassure them



Not attending social activities they usually attend

Avoiding or missing sessions

Changes in behaviour

Reduced motivation

Not enjoying activities they usually like

Exercising more than usual, and it's taking over their life

Isolating themselves

Mental health support



(18+)

Call 0300 123 3393
(Open 9am-6pm weekdays except bank holidays)



(Under 19s)
ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111 or chat to them online at childline.org.uk

Hub of Hope

Enter your postcode to find mental health support in your area
hubofhope.co.uk

GPs

GPs can provide advice and refer people to professional services
nhs.uk/service-search/find-a-gp

Side by Side

Online peer support community
sidebyside.mind.org.uk

Supported self-help

Mind's free 6-week guided programme
mind.org.uk/supported-self-help



Call 116 123



Call 111

shout
85258

Text SHOUT to 85258



Coach (Aisha)

Ok. It's just that I've noticed that you don't seem like your normal self at the moment and wondered if everything is ok?

Participant (Blake)

I haven't been sleeping great recently but it's not an issue

Coach (Aisha)

I'm sorry to hear that. Let me know if you want to chat about it as it can't be easy if you're not sleeping well.

Participant (Blake)

Thanks Aisha, but I'm ok

"I remember speaking with him [football coach] for about half an hour. I went from feeling so lost and heavy to having a much clearer head and sense of relief.

I know that I have a safe space to go again if I need it, which is confidential and free from judgement."

Participant

Mind (18+)
call 0300 123 3393
(9am-6pm weekdays except bank holidays)



Samaritans
call 116 123



Childline (under 19s)
call 0800 1111 or chat to them online



Shout text service
text SHOUT to 85258



NHS
call 111 or make a GP appointment



Self-care

How to support
yourself

SELF CARE
means giving
THE WORLD
the best
OF YOU INSTEAD OF
WHAT IS LEFT
OF YOU.

KATIE REED | @AMOTHERTHING

Spot | Support | Signpost

Tips to look after yourself

Relax and reduce
stress

Find ways to learn
and to be creative

Spend time in
nature

Try to get enough
sleep

Look after you
physical health

Connect with
others



Self-care library

A library of self-care activities to support your own and others' mental wellbeing.

[Read on](#) ▾



3/5 breathing

1. Breathe in and count to 3 as you do.
2. Hold for 2 seconds.
3. Now breathe out and count to 5.
4. Repeat until you feel more relaxed.

Summary

Spot | Support | Signpost



There was no need to have worried.

**The yoga teacher's support,
intuition, kindness, patience and
unwavering faith in me has helped
me to make so many steps forward
and grow as a person.**

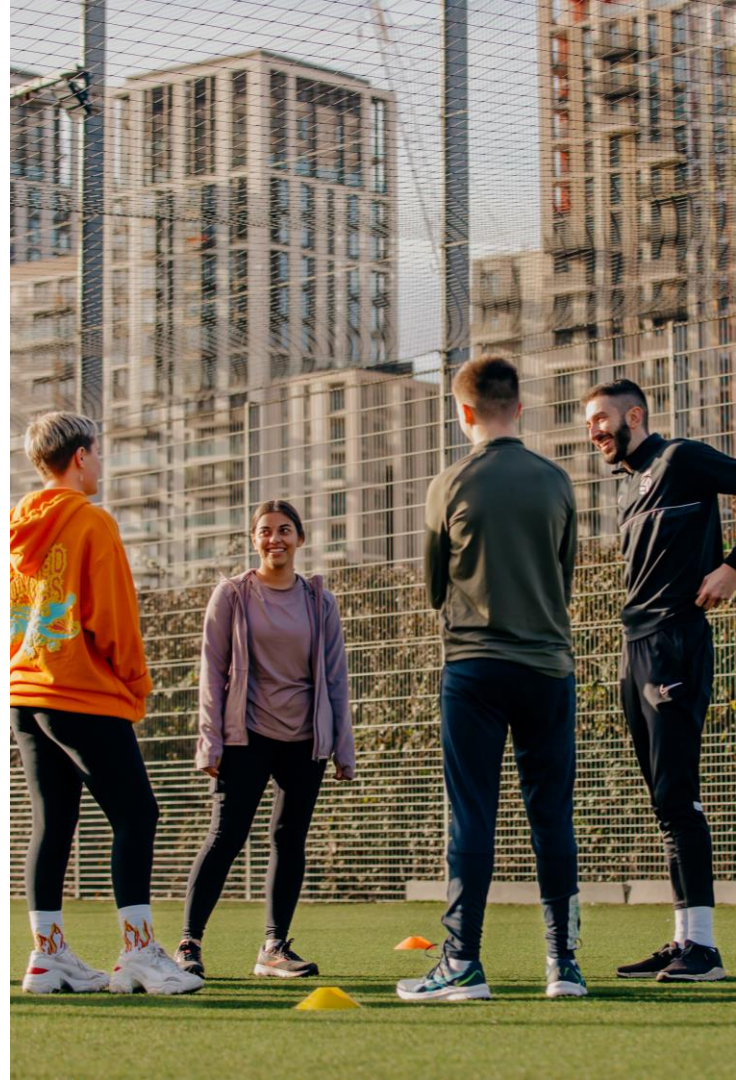
**I wouldn't be where I am today
without her.**



mind.org.uk/SpotSupportSignpost



Scan QR to sign-up!



Spot | Support | Signpost

Visit: mind.org.uk/sport

Email: sport@mind.org.uk

Follow: #SportMinds on LinkedIn

