

FOOTBALL MENTAL HEALTH RESOURCES

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to know more about!



HEADS UP, HEADS TOGETHER

Provides resources, training and direction for support needed. With up to date mental health services to tackle the stigma.

THE FA'S GUIDE FOR COACHES AND MANAGERS

The FA's guidance for coaches and managers in association with MIND.

GET SET TO GO

Learn more about Derby County Community trust's Get Set to Go - with tips on physical, social and mental benefits of being active.

'HAVE YOUR MATES BACK'

Mind and EFL campaign - for raising awareness amongst fans and wider public.

