



MHFA England



Rochdale AFC Academy

Every Mind Matters

We don't need to wait until we are struggling with our mental health. There are lots of things we can do to protect our mental health and stop issues from getting worse, just as we do with our physical health.

Every Mind Matters is Public Health England (PHE)'s first national mental health campaign. It aims to support all adults to feel more confident in understanding mental health, and to take actions to improve and manage how they are feeling.

Every Mind Matters offers a range of useful resources including information on signs of common mental health issues, practical self-care tips, and where to seek further support. It has a free NHS-approved online tool which will help you build a self-care action plan to deal with stress and anxiety, boost your mood, improve your sleep and help you feel more in control.

Developed with clinical and academic experts, national mental health organisations, and input from people with experience of mental ill health, the plan will show you how to build simple changes into your daily life – such as reframing unhelpful thoughts, breathing exercises and increasing physical activity.

Supported by a range of celebrities, organisations and big brands, the Every Mind Matters tool launches on 7 October with a short film on TV, and in the media.

In support of Every Mind Matters and to help you find your way to better mental health we now have a Mental health Champion Roy Thickett in post at Rochdale AFC Academy. If any players or staff wish to speak to Roy in confidence, please contact him on roy.thickett@rochdaleafc.co.uk.

To learn more about how to look after your mental health and create your own action plan, visit: mhfaengland.org/every-mind-matters.

If you are struggling, you're not alone.

There are plenty of different types of support out there, and a Mental Health First Aider can help you access them. Mental Health First Aiders are here for you as a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress.

Your Mental Health First Aiders are:

Roy Thickett Rochdale AFC Academy

Roy.thickett@rochdaleacademy.co.uk