



BBU Mental Health Policy

The BBU Is Proud To Have Signed Up To 'The Mental Health Charter For Sports and Recreation'

The BBU works in a unique and challenging environment that places demands on our Athletes both physically and mentally. Through signing 'The Mental Health Charter For Sport & Recreation' we have committed to positively promote mental wellbeing, encourage open dialogue around mental health and run initiatives to dynamically tackle mental wellbeing.

We seek to actively encourage an inclusive, nurturing and positive environment for our Athletes at all levels to thrive and progress on their sports pathway. We have pledged to;

- Actively tackling discrimination on the grounds of mental health to make sure that everyone is treated with dignity and respect.
- Promote positive public health messages using diverse role models and ambassadors to reduce the stigma attached to mental health problems.
- Use the power of sport and recreation to promote wellbeing, with a special focus on encouraging physical activity and social interaction for their contribution to good mental health.

Articles In Mental Health In Sport

- [Mind Sport](#)
- [Mental Health In Elite Athletes](#)
- [Mental Health In Elite Sport](#)
- [Social Benefits Of Sport](#)