Mental Health Charter Case study September 2017







- 1. Project name: ukactive's charity of the year A partnership between ukactive and the young people's charity The Mix
- 2. Organisation name: ukactive and The Mix
- **3.** Target group: Young people under the age of 25 who have been diagnosed with a mental health problem
- **4. Aim of project:** To harness the power of physical activity to support young people with mental health problems through a range of new research, health referral and signposting initiatives.

5. Project overview

This is a partnership between not-for-profit health body ukactive and the young people's charity The Mix, which has been chosen by ukactive as its charity partner of the year. The Mix is a digital national charity which provides information and support to young people aged under 25 on a variety of issues including money, relationships, jobs and mental health.

The Mix offers a 'multi-channel service' including a helpline, email, a one-to-one messaging service, an online community led support service and telephone counselling. They also provide online content for young people to access, such as blogs, information on different subjects relevant to young people. Young people self-refer to The Mix and choose how they access the support they need.

Together, the organisations aim to tackle the rise in mental health issues among under 25s by getting young people moving more. Both partners will combine their expertise to collaborate on issues including:

- Academic research into effective youth interventions
- Sharing and mobilising information, tools and resources for projects such as:
 - A physical activity referral scheme for young people
 - o Activity pilot schemes in schools for pupils at high risk of mental health problems
 - The creation of new e-learning and signposting tools to help young people access physical activity offerings in their area
- The Mix and ukactive's strategic partnership team will collaborate around the #fitness2me campaign (a social media campaign around National Fitness Day that aims to celebrate



- what fitness means to people and to break down the barriers to people being active by showing that fitness is for everyone)
- The Mix will support the delivery of ukactive's <u>Active Lab 2 programme</u> (a 12-week accelerator programme for digital technology startups who work in the physical activity sector)
- ukactive's client services team will work with The Mix to identify how ukactive's key
 partners and wider membership could best benefit from the work of The Mix
- ukactive and The Mix will explore potential opportunities for joint platforms around policy changes and media prospects such as social media or promoting their work through the press
- ukactive will provide The Mix with the opportunity to promote its work at ukactive's flame conference
- The Mix will promote ukactive's <u>National Fitness Day</u> (which aims to encourage people to get active and to raise awareness of the importance of being active and the benefits it can bring) in September

6. Impact of the project - Lane's story

Lane is a young person who has already benefited from The Mix's. Peer to peer support through its online community. It is hoped that the ukactive and The Mix partnership will help more young people like them (Lane is transgender.)

Lane experiences anxiety, obsessive compulsive disorder (OCD) and body dysmorphic disorder (BDD) They originally started exercising "in order to take back some control over my decisions" but they found that it has helped them in other aspects too. Lane often wakes up feeling anxious, but they found that going on an early morning run or a hike calms them down and leaves them feeling "physically good", which in turn leads to them feeling more "mentally good". They also found that exercising regularly has helped to improve their memory, makes them sleep better and boosts their overall mood.

Lane found The Mix to be a place where they can talk about his mental health problems, describing The Mix online support as a really close community that was "like a family". They found that the friendly atmosphere amongst The Mix community has made it easier for them to talk to people there or to seek help.

7. Future plans

ukactive and The Mix will work together during 2017/18 to deliver the above programme of work.

8. Further information

For further information on the services The Mix provides please click <u>here</u>.

For further information on the work ukactive does please click here.

