



Mental Health Advice for Swimmers

 Stay Strong, Swim Strong 

Even the fittest athletes have tough days. Balancing training, competitions, studies and life can be a lot — and that's completely normal.

Did You Know?

1 in 4 people experience a mental health problem each year. That could be 2 or 3 swimmers in your next race.

Mental Health Matters

Problems can affect anyone, for lots of different reasons. Asking for help is a sign of strength, not weakness.

NEED HELP? FOLLOW THESE STEPS

Emergency?

Call 999 or go to A&E right away. You might be referred to CAMHS (Child and Adolescent Mental Health Services).

Not an Emergency?

Talk to your Welfare Officer, a parent, a friend, your coach, or a mental health first aider. They can help you work out next steps — including seeing a GP, who can refer you to CAMHS if needed.

MENTAL HEALTH HELPLINES

Samaritans

Free phone: [116 123](tel:116123)
[samaritans.org](https://www.samaritans.org)

Mind

[0300 123 3393](tel:03001233393) · Text [86463](tel:86463)
[mind.org.uk](https://www.mind.org.uk)

NHS

Advice and helplines
[nhs.uk](https://www.nhs.uk)

The Mix

[0808 808 4994](tel:08088084994), 1pm–11pm daily
For under 25s — free phone, email or webchat
[themix.org.uk](https://www.themix.org.uk)

Self-Harm Support

Advice and guidance
[youngminds.org.uk](https://www.youngminds.org.uk)

BEAT (Eating Disorders)

[0808 801 0677](tel:08088010677) · Youthline [0808 801 0711](tel:08088010711)
[beateatingdisorders.org.uk](https://www.beateatingdisorders.org.uk)

Childline

Free phone: [0800 111](tel:0800111)
Specifically for young people
[childline.org.uk](https://www.childline.org.uk)

 Sharing challenges makes you stronger. Reach out and support each other. 

Stay strong. Swim strong. 