

# Get Set to Go

Having a mental health problem shouldn't stop you enjoying sport or being physically active. We know that it can be difficult finding the energy to get-up-and-go, and many of you have told us that you want to be active, but don't know where to start.

Since 2014, Mind has supported over 3,500 people identify and overcome the barriers that stop them being active<sup>1</sup>. We have trained volunteers who understand how mental health problems can stop you from being active. They can help you find an activity that's right for you so you can have fun and enjoy all the health benefits of having an active body.

We're proud to be part of the Get Set to Go programme, which is supported by Sport England and the National Lottery.

<sup>1</sup>Get Set to Go Programme Evaluation Survey (2017)

To register please contact the following:

**Active Cornwall**

[www.activecornwall.org](http://www.activecornwall.org)

**For more information:**

[www.carrickmind.org.uk](http://www.carrickmind.org.uk)      **Tel: 01326 617220**

**Email: [active@carrickmind.org.uk](mailto:active@carrickmind.org.uk)**

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Improve your mental health through  
physical activity



# How Get Set to Go can help you

If you've got a mental health problem, finding the energy to be more active can be a struggle. It's also hard finding an activity that feels right, while starting something new can sometimes feel scary.

That's where Get Set to Go can help. You'll get support to:

- identify the barriers that stop you being active
- find out how being more active can help you meet your needs.

You can also choose to link up with one of our trained volunteers – they know all about local sport and leisure services and understand the challenges you face when it comes to getting active. They're available to help you find the activity that's right for you and give you that extra boost if the going gets tough.

We're also working with local clubs, gyms and leisure providers to help them better understand mental health and develop their skills to provide a more inclusive and welcoming environment for those of us with mental health problems.

Who is it for?

- You can join if you're 18 or over and are living with a mental health problem. You don't have to be currently receiving treatment and you don't need a referral from your GP.

What does it cost?

- It's FREE of charge. Sometimes there may be a small fee for activities depending on the provider, but we try to keep these to an absolute minimum.

What's on offer?

- Attend one of our taster sessions where we'll help you find an activity that works for you.
- Join one of our 12-week programmes with our support. We have a number of options to get you started.
- Team up with our trained volunteers for extra support and encouragement. They'll help you to continue your activity at one of the many sport and activity clubs that we've linked up with locally.

