

Mental Health Quiz

This quiz is designed to improve your knowledge of mental health and how it relates to being a young person who is a footballer. Answer the questions below and think about how they apply to your life.

1. What is mental health?

- a. How physically fit you are for matches
- b. How well your mind handles thoughts, emotions, and challenges in life
- c. Your ability to stay focused during training
- d. None of the above

2. How can playing football help improve your mental health?

- a. It provides an opportunity to connect with teammates and build friendships
- b. It helps release stress and improve your mood
- c. It keeps you physically active, which benefits your mind
- d. All of the above

3. Which of these could be a sign that a teammate might be struggling with their mental health?

- a. They stop showing up to training or matches
- b. They seem more frustrated or angry during games
- c. They withdraw and don't talk to teammates as much
- d. All of the above

4. True or False: "Mental health doesn't matter as much as physical health for footballers."

- a. True
- b. False

5. What should you do if you feel nervous or anxious before a big match?

- a. Ignore it and hope it goes away
- b. Take deep breaths, talk to someone you trust, and remind yourself it's normal
- c. Avoid talking to anyone about it
- d. Stop doing what you enjoy

6. If a teammate makes a mistake during a match, how can you support their mental well-being?

- a. Encourage them and praise their efforts
- b. Get angry and tell them to do better
- c. Ignore them and let the coach handle it
- d. Laugh it off in front of the team

7. True or False:

"Talking to your coach, teammates, or a trusted adult about how you're feeling can help improve your mental health."

- a. True
- b. False

8. Which of these is a good way to manage stress during a busy week with training, school, and matches?

- a. Plan your time and make space for rest
- b. Stay up late to fit everything in
- c. Skip meals to save time
- d. Push yourself harder without breaks

9. If you notice a teammate is upset after losing a match, what's the best thing to do?

- a. Tell them to stop being dramatic
- b. Ask if they're okay and listen if they want to talk
- c. Joke about how badly they played
- d. Pretend you didn't notice

10. Which of these could help improve your mental health as a footballer? (Select all that apply)

- Talking to your coach or teammates about how you feel
- Getting a good night's sleep before training or matches
- Eating the right foods to fuel your body and mind
- Practising mindfulness or relaxation techniques
- Comparing yourself to other players constantly

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Scoring Key and Discussion Points

Encourage group discussion or reflection after reviewing the answers. Use this as an opportunity to raise awareness of the importance of mental health in football.

1. (b) Mental health is about handling pressure, emotions, and challenges, both on and off the pitch.

2. (d) Football supports mental health through activity, friendships, and mood improvement.

3. (d) Reduced attendance, irritability, or withdrawal can all be signs of mental health struggles.

4. (b) False They are connected and mental health is just as important as physical health for footballers.

5. (b) Feeling nervous is normal, sharing this and breathing exercises can help.

6. (a) Encouragement helps teammates feel supported, even after mistakes.

7. (a) True Talking to someone can improve mental health and relieve stress.

8. (a) Planning and rest are vital for managing stress.

9. (b) Checking in and listening shows you care and can help your teammate feel better.

10. [Talking, sleep, diet, mindfulness] All these actions support mental health, but comparing yourself to others is unhelpful.

Signposting for Support (UK Football-Specific Services)

If you or a teammate is struggling with mental health, remember there is always help available. Reach out to one of these trusted people or organisations:

- **Sporting Chance:** A free, confidential service supporting footballers' mental health. Visit sportingchanceclinic.com, call 07500 000 777 or ask your academy staff for more information.
- **Player Care Manager:** Your academy's Player Care Manager is there to help with both personal and professional challenges.
- **Coach or Safeguarding Officer:** Speak to your coach or academy's Safeguarding Officer if you're feeling overwhelmed or need someone to talk to.
- **LFE Regional Officer (League Football Education):** Contact your LFE Regional Officer for support with balancing football, education and life challenges.
- **Friends and Family:** Share how you're feeling with someone you trust. They can often provide comfort and encouragement.
- **Mental Health Charities:**
 - YoungMinds: Call 0808 802 5544 for free advice or visit youngminds.org.uk
 - Samaritans: Call 116 123 for confidential support anytime.