

Third National Conference

The Mental Health of Athletes - who cares?

...helping athletes achieve better mental health and improved performance

Chelsea FC, Stamford Bridge, London

Thursday 20 June 2019

Bonnetti Suite

8:45am **Registration and refreshments**

9:30am **Chair's welcome and introduction**

Background, current climate & overview of day's event

Dr Allan Johnston MBBS, MRCPsych, Cert.Med.Ed(IU)

Consultant Performance Psychiatrist to League Managers Association; English Institute of Sport Mental Health Expert Panel; Deputy Chair, Royal College of Psychiatrists (RCPsych) Sports & Exercise Psychiatry Special Interest Group (SEPSIG); Sports Psychiatrist, The Spire Leeds Hospital, Leeds; Trustee of State of Mind Sports Charity; Consultant Psychiatrist.

9:45am **UK Sport: The culture and the practice**

The culture

Dr James Bell

Head of Mental Health, English Institute of Sport; Head of Culture and Development, UK Sport

The practice

Dr Amanda Gatherer PhD, MSc Clin Psych., C.Psychol

Clinical Psychologist, Member of English Institute of Sport Mental Health Expert Panel; Director of Psychology Services, Birmingham and Solihull Mental Health NHS Foundation Trust

11.00am **Refreshments**

11.30am **Keynote Feature**

David Cotterill

Former professional international and league footballer; ambassador for the Welsh FA and The Sports Premier Network

12.30pm **Lunch**

13.30pm **Welcome back**

Dr Allan Johnston

13.35pm **The value of joint working ... sports medics and the psychiatrists**

Dr Marwan Al-Dawoud MBChB, MRCP, MFSEM(UK), DipSEM.

Sport and Exercise Medicine Physician. Lead Doctor to England Rugby League and England Partially Sighted Futsal. Reviewer for the British Medical Journal of Sport and Exercise and Musculoskeletal Medicine

- 14.30pm **Exercise, Compulsive Exercise and Eating Disorders**
Dr Amit Mistry IANLP BSc MBChB (Hons) MRcPsych Specialist Registrar in Eating Disorder, Sports & Exercise Psychiatrist; Honorary Clinical Lecturer in Sport and Exercise Medicine; Executive committee member of RCPsych Sport & Exercise Psychiatry Special Interest Group
- 15.20pm **Refreshments**
- 15.40pm **Bridging the gap between performance psychology and well-being in female athletes**
Dr Tim Rogers MB BS MRCPsych MSc
Medical doctor & consultant sport psychiatrist, Cognacity and Sport Resolutions, London; Executive committee member of RCPsych Sport & Exercise Psychiatry Special Interest Group
- 16.30pm **'Ask the Experts' Open Forum**
Chaired by Dr Allan Johnston
Audience's questions to the expert panel
- 16.55pm **Final comments, conference review and evaluation**
- 17.00pm **Conference close**