



# Third National Conference: The Mental Health of Athletes - who cares?

Hosted by



Helping athletes achieve better mental health and improved performance

**Thursday 20 June 2019 - Stamford Bridge, Chelsea FC, London**

**Schedule: 8.45am - Registration & coffee 9.30am - Conference commences 5.00pm - Conference closes**

## Sponsorship Opportunities at ETN Events

Sponsoring at the Mental Health of Athletes Sports Psychiatry Conference will provide you with the following opportunity to:

- Promote your business, products and services to the target audience.
- Network with the individuals attending and who have an interest in and a responsibility for the mental health of athletes, for example: Sports medicine specialists, Performance directors, Team managers, Coaching staff, Clinical psychologists, Sports psychologists, Psychiatrists, Clinical and sporting academics and Athletes.

### Exhibitor Package

- Erect a stand - size: max. 10ft x 8ft
- One colleague to attend the conference and staff the exhibition stand
- Promote your products and services to our delegates and hand out your publicity
- Gather delegate contact details yourselves
- Receive acknowledgement of support within our conference literature

**£600**

### Branding Package

- Promote your products and services to delegates through the use of event branded items (to be supplied by yourselves): e.g. carrier bags, lanyards, notepads and pens
- One colleague to attend the conference
- Receive acknowledgement of support within our conference literature

**£300**

### Delegate Pack Sponsorship Package

- Promote your products and services to our delegates through the insert of sales literature into the delegate packs
- Receive acknowledgement of support within our conference literature

**£200**

### Literature Table Display Package

- Promote your products and services to our delegates through a table of journals and magazines
- Receive acknowledgement of support within our conference literature

**£100**

For more information, please contact a member of the team on 0113 257 2139, or email [enquiries@etnetwork.co.uk](mailto:enquiries@etnetwork.co.uk).  
To book, please complete the booking form and fax, scan or email this to [enquiries@etnetwork.co.uk](mailto:enquiries@etnetwork.co.uk) Fax: 0113 257 8159



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Never before has the issue of athletes' mental health and welfare been more topical. Following on from key events, such as Dame Tanni Grey-Thompson's Duty of Care Review and the Government Action Plan, there is now real momentum behind a culture change in UK sport. It is now recognised as the role of all of those who support, coach or select athletes to consider and address wellbeing as well as focusing upon performance.

Over the past three years, this Conference has promoted the importance of athletes' mental health on the National stage and witnessed first-hand the developments which have been brought about by many of its speakers and delegates. Support the momentum for change and join us at this year's event where you can participate in the most up to date discussion with the UK's key experts.

## Conference Expert Speakers

### Topic: The Value of Joint Working

**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.

### Topic: UK Sport - The Culture

**Dr James Bell.** Head of Mental Health, English Institute of Sport; Head of Culture and Development, UK Sport

### Topic: 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.

### Topic: Exercise, Compulsive Exercise and Eating Disorders

**Dr Amit Mistry:** BSc MBChB MRCPsych. Sports & Exercise Psychiatrist; Specialist Registrar in Eating Disorders, Barnet, Enfield & Haringey Mental Health Trust.

### Topic: 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.

## Keynote: David Cotterill

David is a former professional international and league footballer. He played in the premier league and had over 400 appearances at club level. Internationally, he was in the Welsh squad for the European championship in 2016. He now works as an ambassador for the Welsh FA and The Sports Premier Network.

## Conference Chair

### 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, RCPsych Sports & Exercise Psychiatry Special Interest Group (SEPSIG); Sports Psychiatrist, The Spire Leeds Hospital, Leeds; Trustee of State of Mind Sports Charity.

## Learning objectives:

- Gain real life insight into athletes' mental health issues by hearing their accounts first hand
- Appreciate the systems for providing support and how these are changing
- Understand the current culture and practice in high performance sport
- Discuss the value of joint working between sports medics, psychiatrists and psychologists
- Hear from expert clinicians and learn about what to look for and when to refer
- Understand relevant theories and science underpinning our knowledge of physical activity, performance and mental health changes
- Discuss the risks and benefits of exercise
- Keep up to date with this rapidly changing area
- Hear from and network with the top experts in the field of athletes' mental health

## Who should attend?

Everyone who have an interest in and a responsibility for the mental health of athletes, for example: sports medicine specialists, performance directors, team managers, coaching staff, clinical psychologists, sports psychologists, psychiatrists, clinical and sporting academics, athletes.

## Sponsorship booking form

*(block capitals please)*

### To be completed by you and returned to ETN (UK) Ltd

I agree to the terms and conditions. Please invoice our company in accordance with the following details:

I would like to book Sponsorship Package:  
(Please tick the package)

- Exhibitor Package
- Branding Package
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Name: .....

Role: .....

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Company Name: .....

Your email address: .....

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Twitter Address: .....

Contact for this event: .....

Tel no (Preferably a mobile no. please): .....

Email address: .....

### Terms and Conditions

- You will NOT be permitted to promote your company during the educational delivery of our event.
- By agreeing to promote your company at our event, you are also agreeing to our conditions which includes adherence to the health, safety and security procedures of both ETN and the venue (and its associated services).
- Other staff may attend at an agreed fee. ETN reserves the right to make additional charge for their attendance and/or hospitality.
- Order the use of chairs and tables via ETN. If these incur an additional charge from the venue, we will let you know the costs incurred.
- All sponsorship fees and additional requirements are subject to VAT.