beyond functional designs, where individuals are able to read, they can thrive. MHL programmes in elite sport must move.

Recommendations

1) Establish links between MHL and mental health in elite sport.

2) MHL programmes need to be designed with critical contextual awareness, where the mental health of all individuals involved over time.

Research is needed to develop, evaluate and translate evidence-based MHL to recognise mental disorders and their beliefs about the effectiveness of treatment.


References:


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“You have to be mental to be in sport” - Dr Lance Doggart FBASES, Supporting Champions.