



Mental Wellbeing Providers Overview

This document provides a brief overview of each mental wellbeing provider's role.

All three providers communicate and work closely together if required, whilst maintaining confidentiality and the individual's consent at all times, to ensure the most appropriate support package is available to the Jockey. It is important that Jockeys have a range of support options available so that they can choose the path that they feel will be the most appropriate for them as an individual.

- Counselling provides a safe environment for an individual to explore issues or concerns and helps the individual to develop a better understanding of themselves.
- Clinical support helps an individual to challenge unhelpful thoughts and behaviours by specific approaches such as cognitive behavioural therapy (i.e. CBT; clinical psychology), or when deemed necessary, medication (e.g., anti-depressants; psychiatry).
- Sports psychology helps an individual improve in the emotional and mental skills required to develop as an elite athlete, and to enjoy their sport.

Sporting Chance

Sporting Chance is the PJA's chosen mental wellbeing partner. Their support begins at a counselling level and can be escalated to clinical psychiatric support if required. The Sporting Chance support network is available to any licensed professional Jockey, with a minimum of 8 counselling sessions funded by the PJA. The service is also open to retired professional Jockeys who held a full licence. Six sessions will be funded for retired jockeys but prior approval of the treatment by the PJA is required.

Funding for any sessions over and above the minimums set out above will be considered on a case by case basis.

Former professional jockeys who did not hold a full professional licence may have support funded by the IJF on application.

Their nationwide counselling network provides Jockeys access to confidential, professional support to work through issues which not only impact on their quality of life but in many cases, their ability to perform to their best. Whilst the bulk of Sporting Chance's work is supporting professional sports people with more general "life" issues, some individuals may be experiencing problems with gambling, alcohol or other drugs. Depending on the extent of the problem, it may be recommended for Jockeys/retired Jockeys to attend their residential clinic where they can get the help they need in a purpose built environment away from their daily lives. Any funding contribution for any residential treatment must be agreed in advance by the PJA and/or IJF and will only be granted in specific cases. Further information on Sporting Chance's services and referral can be accessed by contacting a member of the PJA team on 01635 778108 or Chief Executive Paul Struthers on 07966 590105 during office hours.

Sporting Chance can be contacted in complete confidence 24/7

Directly by the Jockey or a member of his or her support network (e.g., partner, friend, valet, physio, agent etc) by calling the helpline on **07780 008877**. The helpline will be answered by a member of the Sporting Chance team between 9am and 5pm, and by Health Assured out of hours.



Changing Minds

The IJF has partnered with Changing Minds, an organisation that specialises in mental health and wellbeing in elite sports environments. Changing Minds will have an HCPC registered, clinical psychologist working out of each of the three IJF rehabilitation centres to provide:

- Psychological input, working closely with almoners and the clinical rehabilitation teams through team meetings and case consultations
- Psychological 'check-ins' for jockeys and beneficiaries using the centres
- Initial clinical assessment and facilitate access to external mental health support where needed - including Sporting Chance
- Brief psychological interventions with jockeys and beneficiaries where appropriate

Access to psychological support is through the IJF clinical team or almoners.

Changing Minds will also be working with the IJF senior leadership team and trustees, to continue to work collaboratively across the racing community, to develop a comprehensive mental health strategy.

Contact details for the IJF rehabilitation centres:

- Oaksey House, Lambourn – **01488 674242**
- Jack Berry House, Malton – **01653 602090**
- Peter O'Sullivan House, Newmarket – **01638 676200**

PJA Trainee Sports Psychologist, Aodhagán Conlon BSc (Hons) MSc MBPSs

As a former jockey, Aodhagán fully understands the unique pressures of horse-racing. Aodhagán has helped our members to cope with numerous aspects of being a jockey such as bad runs of form and returning from injury, as well as enhancing individual self-confidence and decision-making. Aodhagán has assisted a number of PJA members, particularly young jockeys, either through face to face meetings or over the phone/online sessions. Additionally, he has also helped numerous jockey coaches to enhance their own delivery and service. Sessions with Aodhagan are funded by the PJA for PJA members.

He can be contacted every weekday until 7pm via text, WhatsApp or call on **07815 016900**, at **aodhaganconlon@gmail.com**, or through the PJA office.

