



ACTIVITIES REPORT 2017/2018 #7 MENTAL HEALTH

Anxiety, depression, stress, ruinous business, alcohol consumption, familiar problems and long-term injuries. These are some issues that **Portuguese Union** intends to respond through **Mental Health** project.

In partnership with **Portuguese Society of Sportive Psychology (SPPD)**, **Portuguese Players' Union** created **Mental Health** project, with the goal of diagnose, prevent and respond properly to the problems that affect players during their careers and on post-careers, at psychological level. **Mental Health** project is constituted by four intervention axis (information, formation, therapy and investigation) and have the following goals:

- To promote, close to soccer players and public opinion in general, information about the possibility of occurrence of mental disorders in footballers.
- To develop investigation that allow to obtain data concerning the reality of Portuguese football players' **Mental Health**, epidemiology, prevention and treatment;
- To provide football players with a space of query and attendance, within psychological intervention.



"This is the beginning of a new step in my life, now that I finished my player career. I hope that all the players who have problems speak with us, because this is a project that can help many people."

Bernardo Tengarrinha, ambassador of **Mental Health** project

"Mental health cannot to be seen as a secondary question. It's up to us to diagnose the reality, with scientific validation, in concerns to mental health of players, outline an action plan, and give an adequate answer to the needs of this sector."

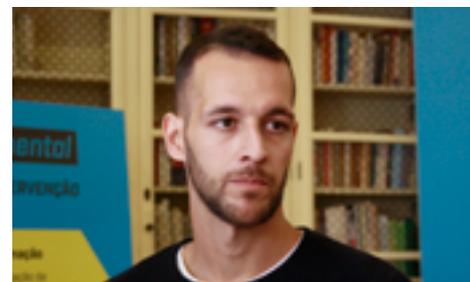
Joaquim Evangelista, Portuguese Players' Union president

"What we want with this initiative is to contribute to the well-being of players, given that the athlete will be ever protected by confidentiality, as an ethic duty of health professionals."

Duarte Araújo, SPPD president

THE AMBASSADOR

Bernardo Tengarrinha, football player who has been diagnosed a blood disease (Hodgkin lymphoma), is the ambassador of **Mental Health** project. The now former player, who represented clubs as FC Porto, Boavista, Vitória de Setúbal, among others, hopes to contribute for overcoming problems that affect players. **"This project can be very important for the resolution of the problems that players face at sportive, financial and familiar level"**, says Tengarrinha.





ACTIVE PLAYERS

33% have sleep disturbances



18% suffer of stress

43% suffer of anxiety or depression

RETIRED PLAYERS

18% suffer of stress



65% have unregulated feeding

35% suffer of anxiety or depression

