



Mental Health Awareness for Walk and Jog Leaders – Participant Handout

1. What is Mental Health?

Mental health is our emotional, psychological, and social wellbeing.

Our mental health can change over time.

Walk and jog groups can play an important role in reducing isolation and improving wellbeing.

2. Common Signs of Mental Distress

Becoming quiet or withdrawn

Changes in behaviour or mood

Irritability or tearfulness

Appearing overwhelmed

Physical signs such as fatigue or restlessness

3. The A.C.E. Approach

A – Approach safely: Choose a quiet moment, use a calm tone.

C – Check-in: 'I've noticed you seem a bit quiet today—how are you doing?'

E – Encourage support: Listen, be supportive, guide to appropriate help.

4. Helpful Communication Tips

Listen more than you talk.

Use open questions ('How are you feeling today?').

Avoid trying to fix the problem.

Acknowledge and validate feelings.

5. Boundaries for Walk Leaders

You are not expected to be a counsellor or mental health professional.

Your role is to notice, listen, support briefly, and signpost.



Know your organisation's escalation procedures.

6. Signposting Options

Your organisation's safeguarding or wellbeing lead

GP

NHS 111

Samaritans (116 123)

Derbyshire Resources Handout

7. Crisis Situations (Rare but Important)

If someone is in immediate danger, call 999.

If someone talks about self-harm or hopelessness, stay with them and seek help.

Do not leave a distressed person alone.

8. Key Takeaways

• Notice • Check-in • Listen • Signpost • Stay within boundaries

9. For further training please see

[Mental health training - Derbyshire County Council](#)

[Derby City Council mental health training - Derbyshire County Council](#)

[FREE suicide awareness training - Zero Suicide Alliance \(ZSA\)](#)