

ABOUT C / A / M

We are a non-profit organisation aiming to raise awareness of the positive benefits of climbing for mental health.

We have three main objectives:

1

To encourage, within the climbing community, active and sustained dialogue on mental health.

2

To promote the positive benefits of climbing for mental health.

3

To provide, and assisting in providing, climbing facilities and services for people struggling with mental health difficulties, with the aim of improving quality of life.

SUPPORT LINES

If you are struggling, feel stuck, or that you can't cope, please reach out to someone you trust, and/or a professional (e.g. a GP or counsellor).

Similarly, reach out if you are worried about someone you know.

Here are some organisations you can contact for support.

(More can be found by searching www.nhs.uk for mental health helplines).

CRISIS TEXT LINE

Text **SHOUT** to **85258**
to text with a trained
crisis volunteer
Free 24/7 response

**TALK
TO US**

If things are getting to you

116 123 FREE
This number is FREE to call round the clock

jo@samaritans.org

samaritans.org

SAMARITANS
Registered charity

For men aged 15 to 35

Phone: 0800 58 58 58
(5pm-midnight)

www.thecalmzone.net

**CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM**

C / A / M
Climb Alongside Mental Health



info@climbalongside-mentalhealth.org



[@cam_climbing](https://www.instagram.com/cam_climbing)



[@CAMCLIMBING](https://www.facebook.com/CAMCLIMBING)



[@cam_climbing](https://twitter.com/cam_climbing)

climbalongsidementalhealth.org

#WeveGotYouSpotted

WHAT WE DO

AWARENESS CAMPAIGN

On the positive benefits of climbing for mental health.

Sharing personal stories through social media, to create open and sustained conversations on climbing and mental health, and reduce the stigma faced by those affected by mental illness.

REFERRAL SCHEME

26+ Climbing walls across the UK have partnered up with us to offer a free climbing session, for individuals suffering from poor mental health, plus an accompanying adult, when referred by a healthcare professional. See our website for a list of participating walls.

OUTDOOR CLIMBING

To help individuals benefit from the added mental health advantages of being in nature.

In partnership with Black Dog Outdoors, The British Mountaineering Club, and Mountain Training Association.

RESEARCH

Partnering with universities and other organisations, to build the evidence base around climbing for improved mental health.

WHY?

Every week, 1 in 6 adults in the UK experience symptoms of a common mental health problem.



1 in 5 adults consider taking their own life at some point.



Yet mental health services struggle for funding, relative to physical health services. And people with mental illnesses still face a lot of stigma.

Communities and community based activities can help bridge the gap in services and support.

They can play a role in improving mental health, in part, by addressing some of the common causes and symptoms of mental illness (such as social isolation and low mood).



HOW MAY CLIMBING HELP?

Climbing can help to improve mental health by:

Providing a fun escape from daily stress and worries



Providing a platform for social interactions

Increasing mindfulness & focus



Form of exercise (works all major muscle groups)

Improving problem solving & reflection skills



Building confidence through achieving goals

These skills, learnt through climbing in a supportive environment, can be used in everyday life for improved coping skills, quality of life, and wellbeing.

For more information and evidence on this, check out our Mental Health and Climbing infographic.