

ukim

Occupational Health & Wellbeing



Immediate Support



Clinical Audit Trail



Psychological Expertise



Mental Wellbeing & Anxiety



Reducing Stigma



Welfare of Children in Sport



Transition Support



Career-Ending Injury Support



Social Media Guidance



Clinical Escalation

Promoting Mental Wellbeing in Sport: Unlocking Potential with UKIM Occupational Health & Wellbeing

At UKIM, we offer Occupational Health Services focused on improving mental wellbeing in sports. Our specialised services are designed to support sporting academies and individuals with different mental health challenges. We recognise the significant impact of mental health on individuals in professional support and surrounding stages, which is why we provide tailored services to address and prevent such challenges.

The Importance of Mental Wellbeing in Sport:

Athletes face various challenges that can impact their mental state, such as performance pressure, career transitions, injuries, and exposure to social media scrutiny. Ignoring these challenges can negatively impact future personal and sporting success.

“Our goal is to empower athletes to excel on and off the field whilst preventing and transforming Mental Health in Sports.”

www.ukim-oh.com

We can deliver a non prohibitive solution which helps you to meet care and wellbeing obligations and manage the welfare of your club members in a proactive and preventative manner.



Immediate Support:

Immediate support and guidance to manage mental health challenges.



Clinical Audit Trail:

A date and time stamped record of the history and details around the wellbeing actions you've taken to protect your athletes and your club.



Psychological Expertise:

Personalised counselling to enhance resilience and performance.



Mental Wellbeing & Anxiety:

Programmes to manage anxiety and improve mental health.



Reducing Stigma:

Safe, non-judgmental environment for seeking help.



Welfare of Children in Sport:

Support to ensure young athletes' wellbeing and development.



Transition Support:

Assistance for young athletes adjusting to public exposure and wealth.



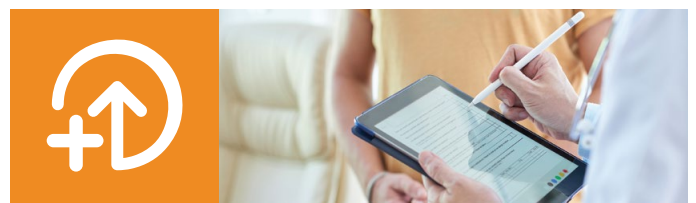
Career-Ending Injury Support:

Tailored support to cope with emotional challenges and explore alternative paths.



Social Media Guidance:

Strategies to manage online criticism and cultivate a positive presence.



Clinical Escalation:

Access to a panel of clinical experts to support with a range of medical issues, should this be required.