



If we all do **one** thing,  
we can change  
**everything.**

[mind.org.uk/DoOneThing](https://mind.org.uk/DoOneThing)

## Supporting Mind in the fight for mental health

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World Mental Health Day takes place this Sunday and we're asking you to join us in the fight for mental health.

The long term impact of the pandemic has put the mental health of millions at risk, and too often access to mental health support is determined by where we live or who we are.

That's why this World Mental Health Day, we're joining Mind's [Do One Thing](#) campaign. Because together, we can change things.

If we all do one thing, we can change everything.

Do one thing. Join the fight.

Take a look at Mind's resources below and learn about mental health inequality.

Whether you use social media or speak with friends, family or colleagues. Do one thing and start a conversation about mental health inequality.

- Use Mind's resources to [spread the word](#)
- Share your own story in a [blog](#)
- [Become a campaigner](#)

In addition to Mind's Do One Thing campaign, we're also encouraging as many people to pick up a bat and have a game of table tennis on Sunday. It's well known that exercise such as playing table tennis can have a positive impact on our mental health, as the graphic below illustrates.



# Looking after your **mental health** with **table tennis**



## THE INSIGHT

Mental health problems are a leading cause of disability:

**ONE IN SIX** will experience a common mental health problem in any given week<sup>1</sup>



Even as restrictions are easing, COVID-19 continues to impact on mental health for certain groups including young adults:

Almost one third of UK 18-24 year olds... .. report feelings of hopelessness as a result of the pandemic<sup>2</sup>

Research among the table tennis community has found:

**54%** of players have experienced a negative impact on their mental health since the outbreak<sup>3</sup>



## THE EFFECT OF EXERCISE

A report from the Mental Health Foundation shows:



Low intensity exercise is best at increasing positive moods<sup>4</sup>



Just 10 minutes of this type of activity can improve mental wellbeing and quality of life by increasing self-esteem and relieving stress<sup>4</sup>

Physical activity such as table tennis can be an alternative treatment for depression and anxiety<sup>4</sup>



*(Table tennis) gives me something to look forward to everyday and it takes my mind off things. I've met new people and made new friends. I like that it improves my concentration, my hand eye co-ordination and when I've finished I feel like I've achieved something*

Andrew - Wellingborough Ping Pong Parlour participant who lives with schizophrenia and Asperger Syndrome.

References: 1. mentalhealth.org.uk/sites/default/files/fundamental-facts-about-mental-health-2016.pdf 2. mentalhealth.org.uk/news/millions-still-feeling-hopeless-lockdown-eases-new-briefing-mental-health-foundation 3. tabletennisengland.co.uk/wp-content/uploads/2020/06/Ready-to-return-player-survey-responses-V3.pdf 4. mentalhealth.org.uk/sites/default/files/How%20to...exercise.pdf

Whether you're discovering table tennis for the first time, or re-discovering it, visit [tabletennisengland.co.uk](http://tabletennisengland.co.uk)

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