

# INTRODUCING NEW BASES RESOURCES: MENTAL HEALTH IN SPORT AND EXERCISE



The British Association of  
Sport and Exercise Sciences



Photo by Artem Verbo on Unsplash



BASES commissioned Drs Paul Gorczynski and Anthony Papathomas to develop a bespoke suite of mental health resources. These educational materials will support learners to develop essential knowledge on the critical issue of mental health in sport and exercise.

Eight unique units, comprising of video lecture with resource booklet and guided reading list, are now available to purchase.

These eight units will cover the following topics:

- Mental health
- Depressive disorders
- Anxiety disorders
- Post-traumatic stress disorder
- Eating disorders
- Addictive behaviours
- Understanding stigma
- Mental health literacy.

To view a brief trailer for each of the units, please [click here](#)

For further information and details on how to purchase the units, please [click here](#).