

Workshop

Title:- *Developing evidence and practice informed Mental Health guidelines for Paralympic Athletes – A Co-creation event*

Further to my presentation on Day One of the Promise 2026 conference, this workshop will offer attendees the opportunity to participate in the co-creation of practice guidelines for the mental health support of athletes before, during and after the Paralympic Games. A partnership project led jointly by the UK Sports Institute and The University of Birmingham has enabled the delivery of a Delphi informed process to explore the views of athletes, support staff and practitioners, along with governing bodies and federations, from across Europe, Oceania, America, Africa and Asia. The work has been overseen by an International Steering group of paralympic practitioners and athlete advisers. A map of the system will be presented to contextualise the discussion, in order that outputs from the project can be appropriately designed and disseminated. The workshop participants will then be invited to review the themes that have emerged from the Delphi process and work together to consider how to best construct accessible guidance that truly has an impact on provision across the whole system. All participants will have the opportunity to review products before these are finalised and also, if they wish, to be acknowledged within final guidelines