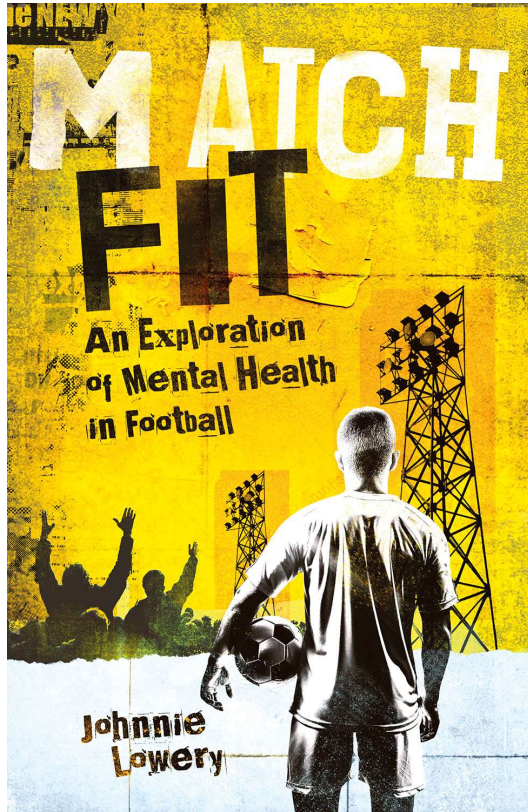




Title information



Match Fit

An Exploration of Mental Health in Football

By Johnnie Lowery

Key features

- Lifts the lid on mental health in football, from the Premier League down to five-a-side level
- Examines a wide range of topics from the challenges of long-term injury, to racist abuse on social media, to the impact on the local community of the struggles of Bury FC
- Interviews with famous names such as Marcus Bent and Chris Kirkland, each giving their own candid account of the mental health challenges they have faced
- Top academics such as Dr Misia Gervis provide context to the words of those telling their stories
- Those involved in football as supporters or players at grassroots level reveal how football benefits their mental health
- Publicity campaign planned including radio, newspapers, websites, podcasts and magazines

Description

Match Fit takes an in-depth look at mental health in football, from the Premier League down to five-a-side, in the hope of destigmatising this much-neglected topic, with candid contributions from the likes of Chris Kirkland, Paul Lambert and Marcus Bent. Subjects such as the issues facing footballers after retirement and the rise of social media are placed under the microscope, and we discover how being a football fan can benefit your mental health. Seasoned pros discuss the challenges they've faced in football, speaking openly about personal experiences most of us wouldn't associate with the glamour of the beautiful game. From a grassroots perspective, there are uplifting stories of how people have learnt to manage their mental health, with football as a key tool to help them get through their day-to-day lives. If the interviewees – involved in a sport that has traditionally lauded masculinity and the absence of so-called weakness – can open up about their mental health, then so can anyone.

Details

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