

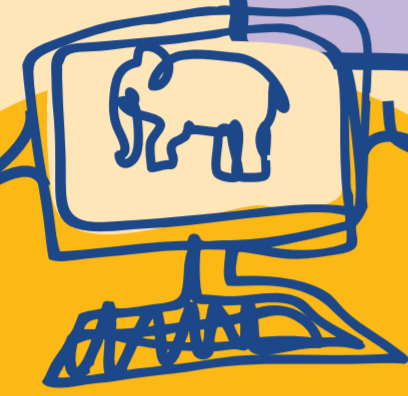
The Get Set to Go programme

2015

Get Set to Go launched in 2015 to help people with mental health problems get active



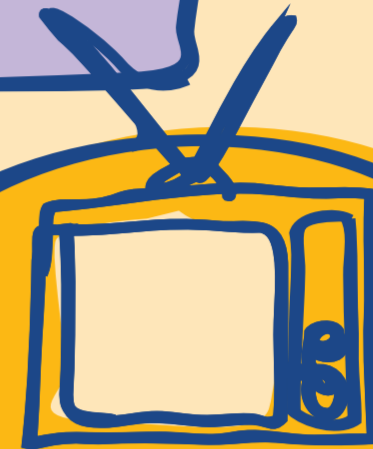
Designed by people with mental health problems, Get Set to Go was delivered in three ways...



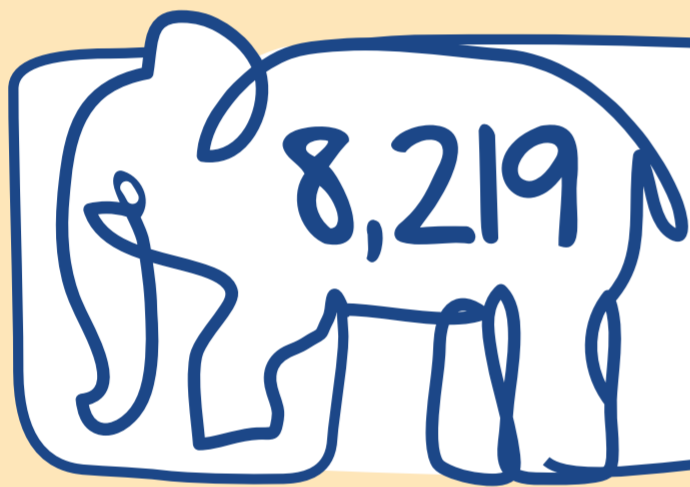
Online peer support through our Elefriends website



Local delivery of physical activity sessions through our local Mind network



Communications and media campaigns



8,219 people accessed support to help them get active through our Elefriends website

83,282

people engaged with specially developed information on the benefits of getting active



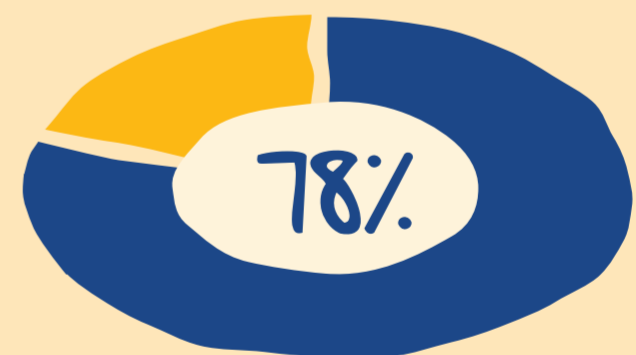
3,585

people with mental health problems got active in a supportive setting

Over 1,000

people contributed to the Get Set to Go research making this the largest ever study of its kind

78% of participants rated the programme as very good or excellent after 6 months



Peer support

People using their own experiences to help each other was a key element of Get Set to Go – it helped people feel like they had more support available



Our findings showed that people who were regularly physically active also experienced better wellbeing



After taking part in Get Set to Go, participants exercised on average an extra



1.3 days each week

Make it easier for people with mental health problems to get active
- follow our recommendations at mind.org.uk/GSTGresults