

Neil Lennon visits Saughton Prison as part of Mental Health Awareness week



Hibs' Head Coach Neil Lennon and GameChanger visited Saughton Prison earlier this week to kick off their mental health activities as part of Mental Health Awareness Week.

Lennon, who has spoken on many occasions about his own challenges with mental ill health, supervised the final of a football competition and then took part in a Q&A with the prisoners and staff around mental health, discussing his own challenges, experiences in football and how he learns to cope when going through difficult times.

It is estimated that between 60-80% of the prison population suffer from poor mental health and one in four of the general public experience low mood, depression or anxiety. Raising awareness around the subject is an important objective of GameChanger so not only can people who are suffering seek the help they need, but more of us are aware of the signs in each other and can listen and signpost for help if someone needs it.

GameChanger is hosting its own 7 aside football competition to continue to raise the profile of mental health. The GameChanger Choose Life Challenge Cup takes place on Saturday 3rd June 11am to 3pm at Hibernian's Training Centre at East Mains. To enter a team is free and spaces are available on a first come first served basis.

To register, call John Murphy on 0131 663 1616. The GameChanger Choose Life Challenge Cup is a fun competition open to anyone aged 16 or over, with mixed teams very welcome.

The winners will also get the chance to attend Easter Road for a penalty shoot out competition during a Hibernian home match around Suicide Prevention week in September.