

# ABOUT C / A / M

We are a non-profit organisation aiming to raise awareness of the positive benefits of climbing for mental health.

We have three main objectives:

1 To encourage, within the climbing community, active and sustained dialogue on mental health.

2 To promote the positive benefits of climbing for mental health.

3 To provide, and assisting in providing, climbing facilities and services for people struggling with mental health difficulties, with the aim of improving quality of life.

# CONTACT US

[www.climbalongsidementalhealth.org](http://www.climbalongsidementalhealth.org)



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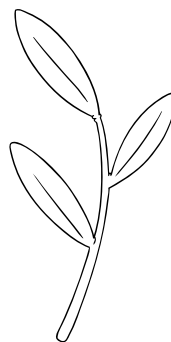
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C / A / M  
Climb Alongside Mental Health

## ROUTES INTO CLIMBING



THINK / RETHINK / REDEFINE  
[#WeveGotYouSpotted](https://www.instagram.com/WeveGotYouSpotted)

# CLIMBING CENTRES TASTER SESSION

All climbing walls offer introductory / taster sessions.

We have teamed up with 26+ climbing centres across England and Wales to provide a **FREE** taster session to anyone struggling with mental health, plus an accompanying adult.

See the map below for all locations.

To be eligible for this, you have to be referred by a qualified healthcare professional.

For more information, check out our **CLIMBING INITIATIVE** pages on our website.



# CLIMBING CENTRES COURSES

Most climbing centres also offer beginner, or 'learn to climb' courses. These are often a couple of hours a week, for three weeks.

Some additionally offer intermediate and advanced lessons/training plans, for those looking to further improve their abilities.

The bonus of signing up for a course at a local wall is that you will meet other people who are at a similar level of experience as yourself. They may even become your regular climbing partners and friends.

Ask in your local centre for more information.



# UNIVERSITY CLUBS

If you are at university, chances are they will have a climbing or mountaineering club. They will be happy to teach you all the skills you need to become a competent climber.

They will also organise outdoor trips, which can be a lot of fun.



# LOCAL CLUBS

Most areas across the UK have climbing clubs that you can join. While some of them may require you to already have some climbing skills, others will have members who are happy to teach you the ropes, indoors and outdoors.

For a list of clubs that are affiliated with the British Mountaineering Council, have a look here: [www.thebmc.co.uk/organisations/clubs](http://www.thebmc.co.uk/organisations/clubs)



# NON-PROFIT ORGANISATIONS

We have teamed up with **Black Dog Outdoors (BDO)** to offer opportunities to try climbing outside for **FREE**. You will get the chance to learn and practice new skills from professional instructors.

Keep an eye out for future events by BDO [www.blackdogoutdoors.co.uk](http://www.blackdogoutdoors.co.uk)