

**Question for written answer E-002814/2023
to the Commission**

Rule 138

Theodoros Zagorakis (PPE)

Subject: Mental health and sport

In recent years, there has been an increase in the number of sportsmen and -women, amateur and professional, who face mental health issues. The mental state of a sportsperson also has repercussions on their physical health. Mental instability may lead to lower sporting performances, owing to the stress and anxiety an individual may experience at either the sporting or the personal level.

In view of this:

1. Does the Commission plan to adopt mental health support programmes for sportspeople and sporting personnel with financing from the EU?
2. How can cooperation between Member States with a view to the exchange of good practices be strengthened?
3. What steps can be taken at the educational level to eliminate the stigma attaching to mental health issues in the field of sport?

Submitted: 26.9.2023