# Great Britain Handball Star Ben Tyler Advocates for Sport Integration in Medical Prescriptions to Address UK's Mental Health Issues



Ben Tyler, a Great Britain handball star and trainee doctor, is advancing an approach to tackle the UK's mental health issues by integrating sports into medical prescriptions. Currently in his final year of GP training in Chesterfield, Tyler emphasizes the transformative power of sport on mental health, particularly during the ongoing Mental Health Awareness Week, which is themed around movement this year.

Tyler's insights are drawn from both his personal experience as a longtime handball player and his professional observations in GP practices and child and adolescent mental health services (CAMHS). He advocates for the incorporation of physical activity as a fundamental part of patient treatment, a practice he refers to as "social prescribing."

Recognizing the decline in sports engagement in schools and its impact on youth mental health, Tyler is motivated to promote physical activities as preventative and therapeutic measures. He is passionate about coaching and aims to inspire a love for sports from a young age. The growing recognition among medical professionals about the benefits of exercise for both physical and psychological health supports his advocacy.

Tyler's future goals include more active promotion of physical engagement through GP practices and educational institutions, underlining the necessity for a comprehensive approach to health that harmonizes physical activity with traditional medical interventions.