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| TAMHI in partnership with Lighthouse FC/Belfast Suicide Awareness FC Change Maker Stephen McLaughlin ( brother of Thomas “Tammy” Tucker organised the Playing for Life Tucker & Titch Memorial Cup and launched the “Talk About Mental Health Issues” campaign to raise awareness of mental health through sport. This is a project funded through sported. 96 males attended this aged 18 – 30 (77 were aged 18-25 within sported target group) A survey was carried out to gage the views of adult males in relation to mental health. 100% stated that they felt that sport was a great way to promote positive mental health. 100% said they enjoyed the day and the vast majority have started to follow TAMHI on Facebook. | **96 Adult Males were asked – would they feel comfortable talking about Mental Health Issues?**Reason’s cited for NO were: * Majority did not like going to doctor
* Lack of awareness of services and a stigma of shame if they used them
* Wary of what others would think

Those that said yes felt comfortable in themselves and did not care what others thought –they were mindful of their own health. 3 people admitted seeking professional help when they had circumstances in their life that led them to a state of despair. They all admitted it was hard at the start, but when they opened up they felt so much better and were able to talk through issues.  | **96 Adult Males were asked did they think enough was being down is sport?**A number of participants were aware of the Minding your Head “Boxing” Mental Health Awareness Campaign. However other than that they felt that there was limited work being done in football around mental health. The 22 participants who said yes, had had mental health awareness training through their respective clubs, they agreed more could be done, but it needed to be pitched right to ensure young men stay engaged and buy into the messages. **96 Adult Males were asked would they prefer to learn about Mental Health in a classroom or through Active Learning?**A lot of the adults particularly the ones aged 18-25 felt that “Off the shelf” classroom programmes were hard to connect with and buy into; they go to their respective football clubs to play football not sit in a classroom for 3hrs.  |
| **96 People were asked – what got them down?**The main thing that was discussed as part of “Other” was money – this is very interesting a survey of 150 young people aged 10-17 showed the “Area” got them down – Adults who by this stage in life would be engaged in a working environment were worried about money – note that other than 80 of the participants were from the New Lodge and Carrick hill area were deprivation levels are high and many adults are from social economic deprived background | **96 Adults were asked do they think the Talk About Mental Health Issues Campaign delivered by sports clubs will be effective?**The vast majority felt that Sports Club promoting the message of Talk About Mental Health Issues would be encouraging for club members to open up about things on their minds. Six people were sceptical in the sense that they felt that sports clubs were good for rasing awareness but more needed to be done to attract those not engaged in sport or activity as people in this category are more likely to suffer mental health issues as they are disengaged.  | **Conclusion** * **Sport is a great way to engage with men in relation to raising awareness of Mental Health**
* **The focus of any training needs to be engaging, user led and be activity focused.**
* **More needs to be done that is relevant and caters to the audiences (sport communities needs)**
* **More needs to be done in regards to those not typically engaged in sport**

This event did raise awareness and got people talking about mental health and has resulted in an increase in TAMHI FB following from 152 to 324 – which will be a good tool to promote the campaign further and good news stories coming from the clubs TAMHI works with. |