

EREWASH
VOLUNTARY
ACTION



Volunteer Centre
Erewash

Mental Health and Suicide Prevention Awareness Project

Background

- NHS England Trailblazer funding commissioned by DCC Public Health
- Delivered by Erewash Voluntary Action throughout Derby & Derbyshire
- 18 month project from September 2020 – March 2022
- Key demographic - young to middle aged males
- Key groups - football clubs, boxing clubs, community gyms and workplaces
- Raise awareness of mental health, reduce self-harm and preventing suicide

Why is this needed?

- Highest UK suicide rates are in males 45-49 ⁽¹⁾
- Biggest killer of young people aged 20-24 in UK ⁽²⁾
- Up 80% of people who take their own life don't seek treatment ⁽³⁾
- None health/medical settings can be more successful engaging people
- 38% footballers report symptoms of anxiety and depression in a given year ⁽⁴⁾
- Pro footballers experiencing one or more career threatening injuries are up to 4 times more likely to develop a common mental health condition ⁽⁴⁾
- 438 pro/ex-pro footballers asked the PFA for Mental Health support in 2018 ⁽⁵⁾

Project Offer

- Fully funded Mental Health related training opportunities
- Expert consultancy to help develop a Mental Health Policy and Action Plan
- Access to evidence based on-line toolkit of support resources
- Project start up pack
- Signposting to National Charter and accreditations
- On going support and guidance for an agreed time from project officers
- Case study opportunities to highlight an organisations success
- Over £1000 of fully funded support and guidance per organisation

Contact

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