



# Mental health at Royston RFC

Nicky Franzen-Vipers



# Agenda

- What is mental health?
- The committee: who are we and what are we doing?
- Resources: What do we already have?
- Resources: Joca
- Resources: Govox
- Resources: MHFA England
- Resources NHS
- Next Steps

# What is mental health?

- Mental health refers to a person's emotional, psychological, and social wellbeing
- It affects how people think, feel, and act, and it also influences how they handle stress, relate to others, and make choices
- Mental health is an integral part of overall health and is essential for individuals to lead fulfilling and productive lives
- We are striving for parity of esteem between physical and mental health for all

# The Committee

- Nicky Franzen-Vipers:  
Mental health first aider  
Peer support leader  
Lived experience



- Diana Tanton:  
Mental health first aider  
Lived experience



# Resources: What do we already have?

- Mental Health First Aiders
- Safeguarding expertise
- Mental Health Nurses
- Lived experience of mental health issues and care
- A sense of community

# Resources: JOCA: Just One Click Away

- [Home - JOCA Charity \(jocarugby.co.uk\)](http://jocarugby.co.uk)
- "Our mission is to create a better understanding of and to de-stigmatise mental health and mental well-being amongst the men, women and children players and members of Welwyn Rugby Club"

# Resources: JOCA: Just One Click Away

SUPPORTING YOU IN EVERYWAY

## Get Help

**Whatever your problems, issues or concerns we are here to listen and help.**

We will respect your privacy at all times. One of the committee will offer a friendly ear and where necessary signpost you to other organisations for support and assistance.

## In Crisis Now?

**If you are in crisis and need immediate support please use the below resources.**

**Hertfordshire Partnership University NHS Foundation Trust**

Crisis Support 24/7 via either of these numbers.  
0800 6444 101 or NHS 111 - Option 2



## 24/7 HELP

The JOCA Welfare team can be contacted  
24/7 via our email address  
[joca@welwynrfc.co.uk](mailto:joca@welwynrfc.co.uk) or via the form  
below - we'll get straight back to you.

SUBMIT

# Resources: JOCA: Just One Click Away

## **Samaritans**

Offers support to anyone in emotional distress, struggling to cope or at risk of suicide. Available to listen 24/7.

We're here if you need us. **Call 116 123 from any phone (FREE)** [www.samaritans.org](http://www.samaritans.org)

## **NightLight Crisis Service**

Provides a safe space for people feeling distressed. Staff offer listening, support and advice.

Working from three crisis centres (Watford, Hemel Hempstead and Ware).

Open 7pm-2am Friday, Saturday, Sunday and Monday nights every week of the year.

<https://www.hertsmindnetwork.org/nightlight>

01727 865070

## **Papyrus UK**

Provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

<https://www.papyrus-uk.org/>

0800 0684141



No one has to  
"try" alone



# Resources: JOCA: Just One Click Away

**Services Directory**

If you are looking for further help and support use our services directory to find the right organisation for you.

It isn't a weakness to need a friendly ear.

JOCA

JOCA

Abuse	Financial Help
Alcohol & Drugs	Gambling
Anger Management	Housing & Homelessness
Bereavement	Mental Health
Children & Young People	Samaritans
Comfort After Suicide Loss	Relationships & Family
Disability	Sexuality
Eating Disorders	Sexual Health
Ex-offenders	Terminal Illness

# Resources: GOVOX

- [Wellbeing and Mental Health Platform | Govox](#)
- "An organisation with a mission to save lives sounds ambitious but it's fuelled by our founders' back story and is deep-seated in everything Govox does"

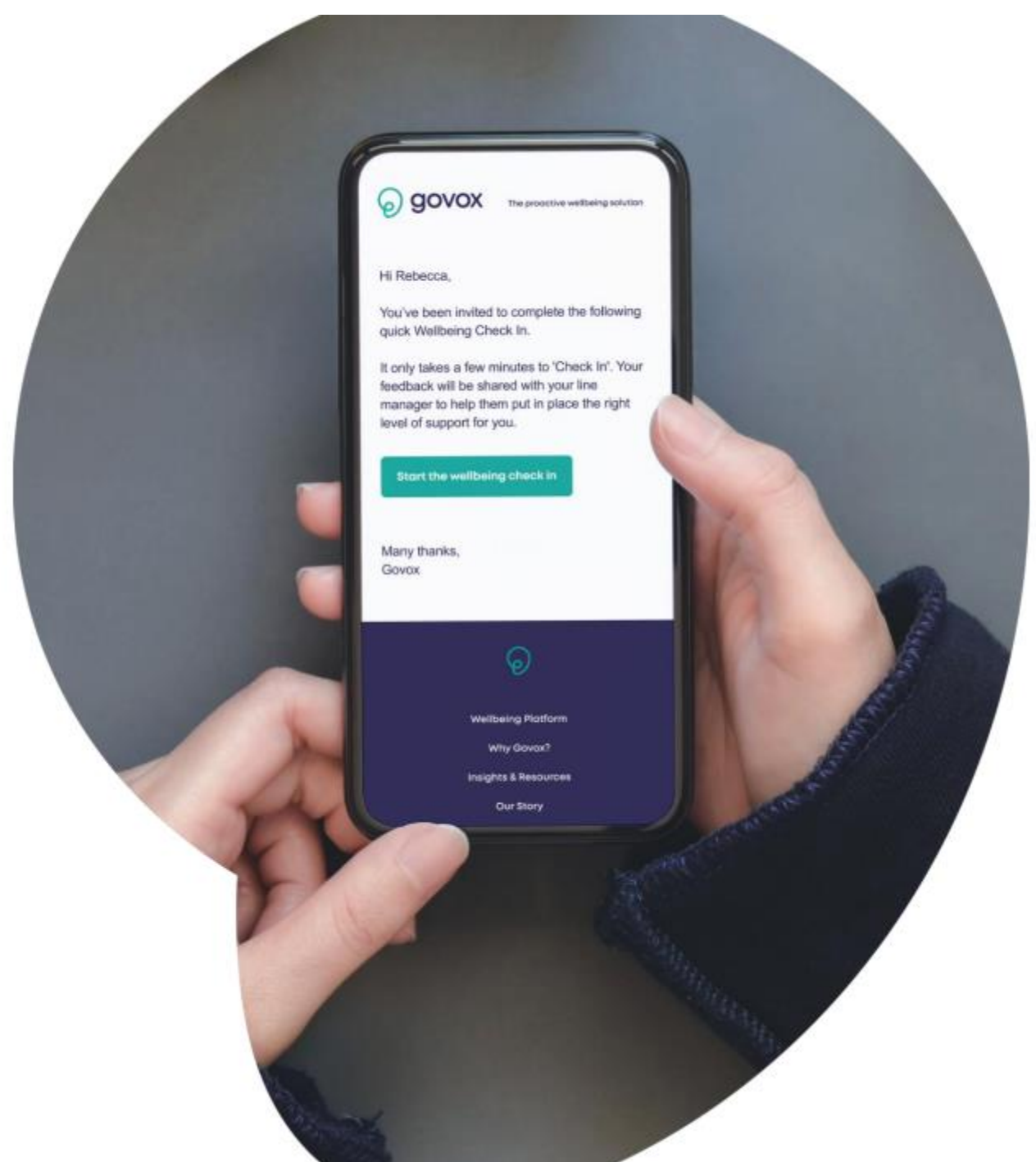
## Connect – Proactive

Users are regularly invited to check in on their digital device and answer a series of short, non-intrusive questions.

This takes less than two minutes and the Check In can be tailored to your team for increased engagement.

You have the option to allow users to choose, each time they Check In, if they want to remain anonymous or if they are happy for their responses to be visible to the nominated support in your organisation.

**Less than 1% of Govox users choose to remain anonymous !**





## Identify – visible

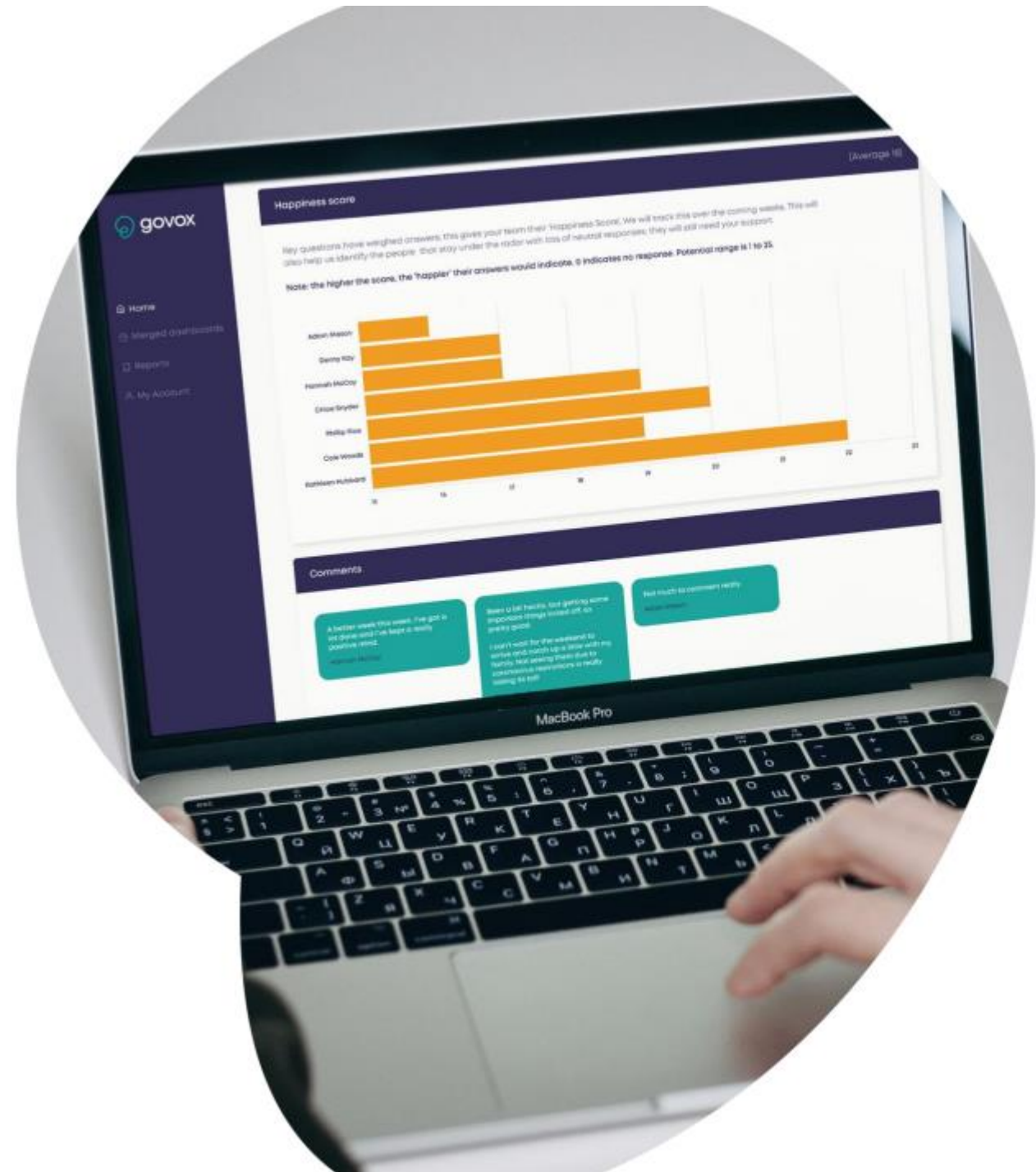
Check-in results on your online wellbeing dashboard instantly highlight at-risk individuals and who would benefit most from support.

This transparent approach is unique to our platform, enabling employers to prioritise support and resources – and begin the conversations that matter.

*If users choose to remain anonymous (this time) they simply don't feature on the dashboard*

**Alert feature (optional).** An email alert will notify you of any person identified as needing specific support (because they've triggered an agreed criteria).

**Tactical support - Who in your team would most benefit from “a cup of tea and a chat” ?**



## Review – The Big Data

The Govox Wellbeing programme is focused on ensuring your people are supported, and your business is in the best health to grow.

In order to help with that the 'big data' generated via our platform is available to you at any time.

This view of trends and long-term insights is a valuable tool when it comes to making those wider strategic decisions that will impact the future of your business.

Where are your biggest issues?

Where are your areas of excellence and best practice?

What is your ROI?

We can help you review this data and support clear, effective and measurable plans.

**Strategic support – Now you can be ahead of the curve across the organisation**





## Support - Relevant

After each check in, a user will receive their own personal wellbeing report. Its contents are based entirely on the individual's given responses and offers proven wellbeing techniques.

Delivered by experts and regularly refreshed, these reports are designed to have a positive impact by promoting happiness, self-awareness and healthy connections.

We are also able to include content and/or signposting to existing resources and support within your organisation.

**The right support, at the time that someone needs it**



- Home
- Reports
- Merged Dashboards
- Users
- Demo Setup
- Language
- Help Centre
- My Account
- Logout

# Wellbeing

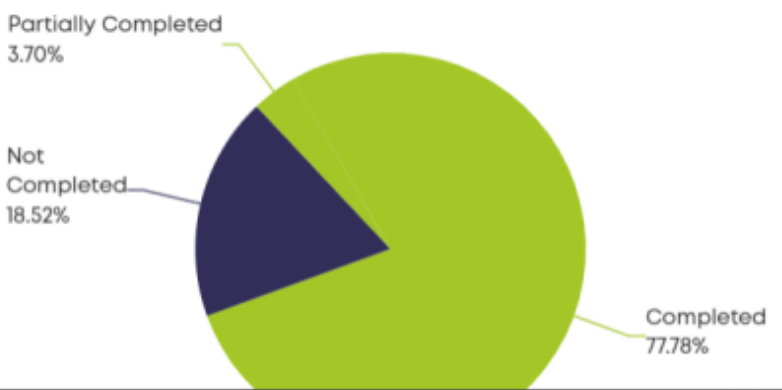
Scheduled dates: Wednesday 17 August, 2022

Invited: 27 • Completed: 21 • Not Completed: 6

Quick jump to: [RESPONSE RATE](#) • [RED FLAGS](#) • [HAPPINESS SCORE](#) • [COMMENTS](#) • [PERSONAL WELLBEING REPORTS](#)

## Response rate ?

### Response rate



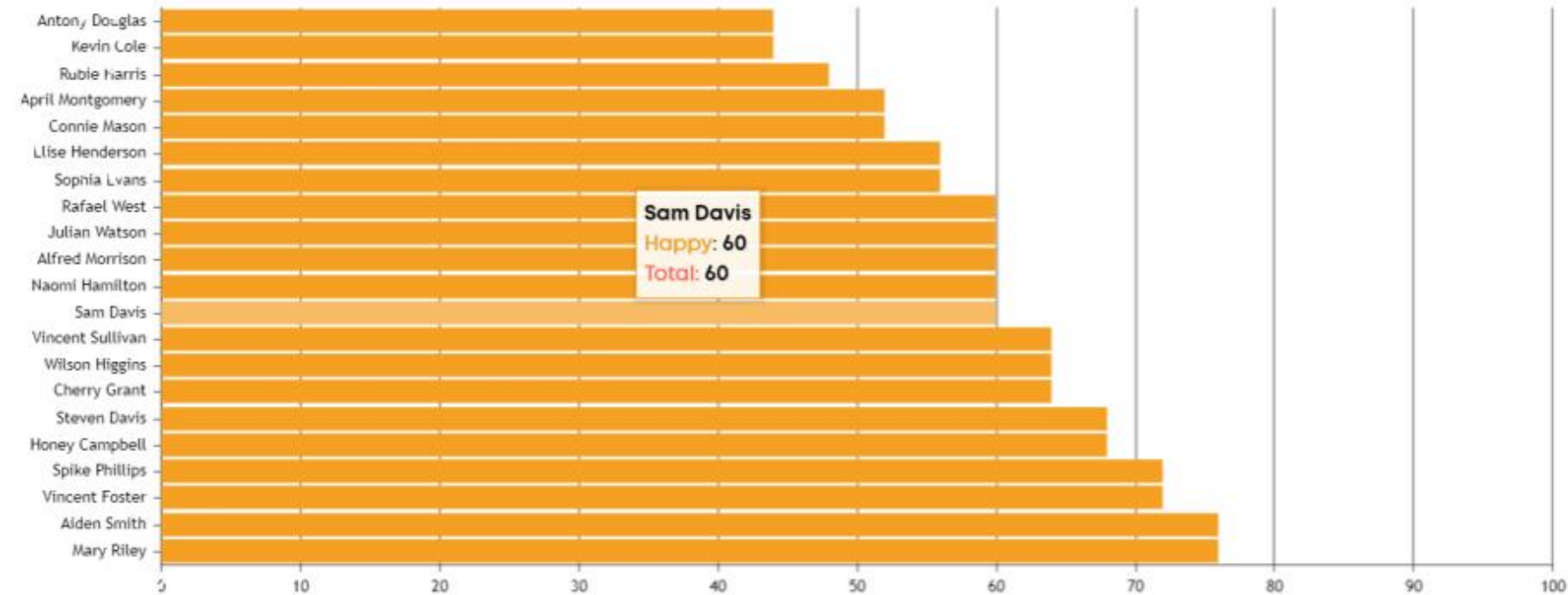
## Red flags ?

- (17) I sleep well.
- (16) I feel supported and cared for while at school.
- (16) I am happy with how people interact with me on social media (Facebook, Instagram etc)
- (15) I feel good about myself.

## Happiness Score

Key questions have weighted answers; this gives your team their 'Happiness Score'. We will track this over the coming weeks. This will also help us identify the people that stay under the radar with lots of neutral responses; they will still need your support.

Average: 61%






# Resources: Mental Health First Aid England

- [Mental Health First Aid England](#)
- Training for individuals, workplaces, universities, schools, colleges and armed forces
- Adult, Youth, Higher Education, Armed Forces
- Manager toolkits
- Marketing materials for a range of campaigns, including 'My Whole Self' for encouraging discussions and understanding between people

# Resources: Free Courses in England


- [Free online mental health training - Free Courses in England](#)



## Mental health first aid

- Explore mental ill health
- Identify, understand and respond
- Protect your own mental health


[Find Out More](#)



## Counselling skills

- Explore self-understanding
- Understand counselling theory
- Improve personal well-being

[Find Out More](#)



## Children's mental health

- Explore mental health conditions
- Spot the signs a child is struggling
- Address issues early

[Find Out More](#)

# Resources: NHS

- [NHS Mental Health website](#)
- GP
- [Self-referral to IAPT \(Improving Access to Psychological Therapies\)](#)
- 111 Option 2 for mental health

