

# Mental Health – What Can an Association Do?

**FEGGA Conference Session**

**Wednesday 24<sup>th</sup> February 2021**



# Why do Greenkeeper Associations exist?





**Supporting our Members is the  
number one Priority**



# HOW DO YOU BEAT STRESS?

MEN ARE ONLY 38% OF NHS  
'TALKING THERAPY' (IAPT) REFERRALS



YET 78% OF DEATHS BY SUICIDE ARE MALE



Sources: HSCIC IAPT Quarter 2 data, 2014-15 and Suicides in the UK 2013, ONS

# MEN'S HEALTH WEEK

MEN'S HEALTH FORUM 

#MHW2016

[menshealthweek.org.uk](http://menshealthweek.org.uk)

## LET'S TALK

# **BUT...**

**We are not Mental Health professionals**

**We cannot solve this problem ourselves**

**So what can we do?**



# Facilitate & Mitigate



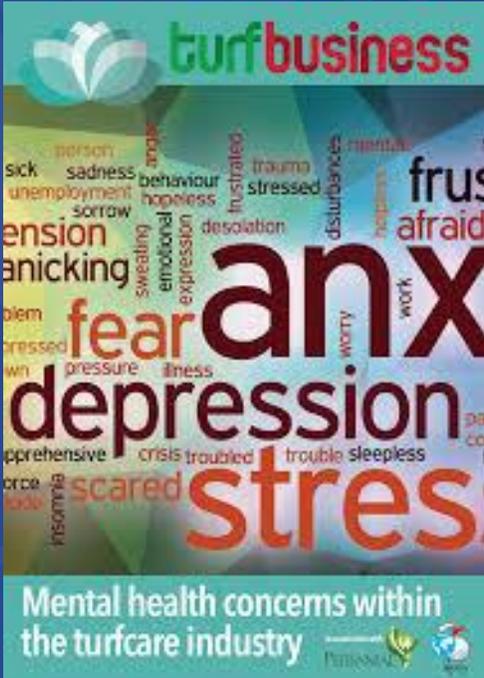
# Facilitate

- **Start the conversation**
- **Normalise the issue**
- **Raise awareness**
- **Provide support**
- **Signpost help**





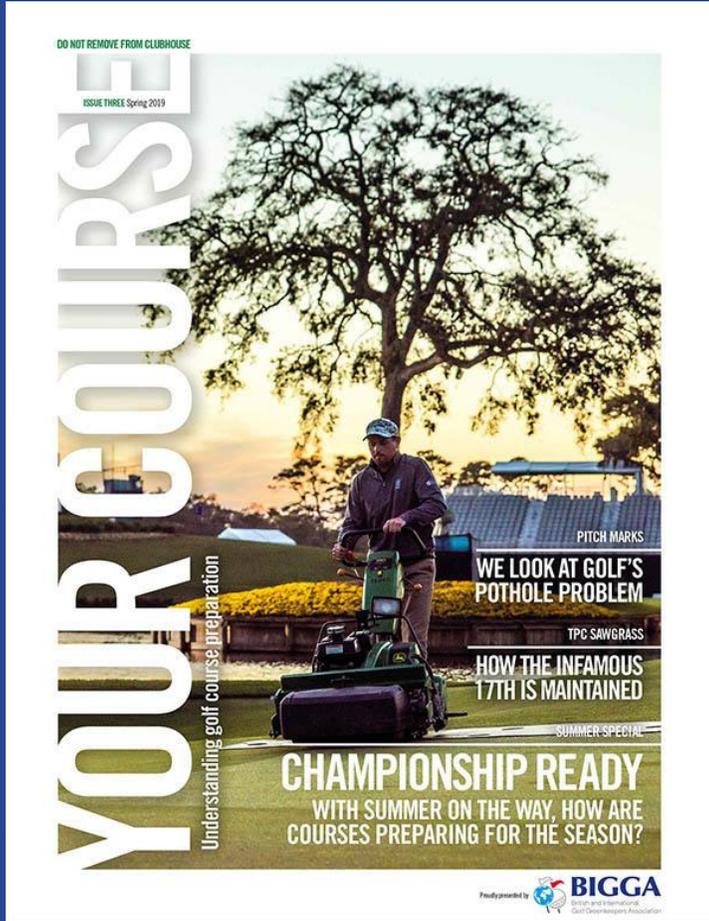
Member Services & Benefits	
Member Benefits Summary	+
HR Helpline	+
BIGGA Legal Assistance	+
Counselling Helpline	+



# Mitigate

- **Raise awareness**
  - **With Employers**
  - **With Golfers**
  - **In the media**





# Start the ball rolling...





Search Facebook



Jim



## Greenkeepers mental health support group

Private group · 674 members



+ Invite

About

Discussion

Announcements

Rooms

Topics

Members

Events

Media



BIGGA



Greenkeepers mental health support group



Mick Davie shared a post.

Admin · 15h ·



MEMBER BENEFIT:  
COUNSELLING HELPLINE

# SOMEBODY TO LISTEN

When times get tough, and you need someone to talk to — our confidential and independent, professional telephone counselling service can support you.

The service provides immediate emotional support, advice and practical information 24 hours a day, 365 days a year.



Call 0333 000 2082 quoting ARAG reference 513185 and your membership number

Sandra At Bigga

15h ·





# BIGGA

British and International  
Golf Greenkeepers Association

Call 0333 000 2082 quoting ARAG reference 513185  
and your membership number

## Sandra At Bigga

23h · 🌐



Mal Mitchell and 3 others

1 comment

 Like

 Comment



Best thing I ever did was ring this number ❤️👍



Like · Reply · 23 h



Write a comment...

