

Mental Health – What Can an Association Do?

FEGGA Conference Session

Wednesday 24th 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

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**

BTME



ANDY'S MAN CLUB
#ITSOKAYTOTALK

Member Services & Benefits

Member Benefits Summary



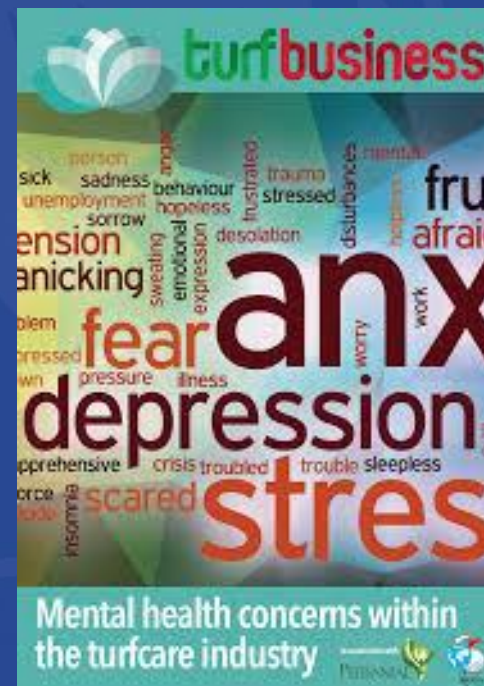
HR Helpline



BIGGA Legal Assistance

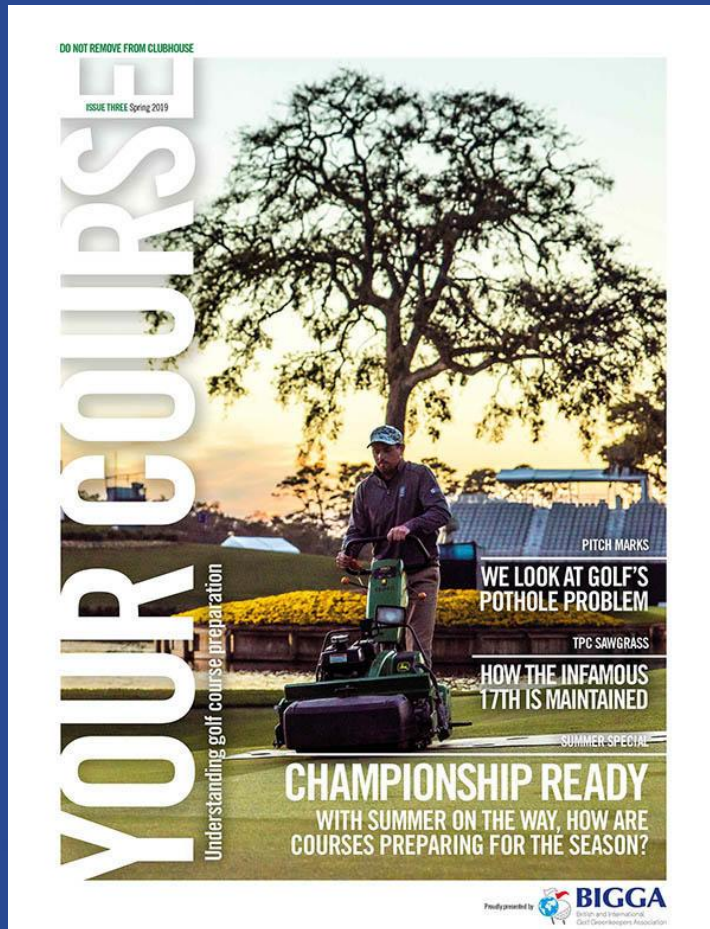


Counselling Helpline



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





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.



BIGGA
British and International
Golf Greenkeepers Association

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

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Best thing I ever did was ring this number ❤️👍



[Like](#) · [Reply](#) · 23 h



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