

  
**AHEAD OF THE GAME**

**MIND.  
SET.  
ENGAGE.**

# AHEAD OF THE GAME



  
**MOVEMBER®**

  
**NEW ZEALAND  
RUGBY**

# SUPPORTING MENTAL WELLBEING

AHEAD OF THE GAME IS MOVEMBER AND NEW ZEALAND RUGBY'S FREE MENTAL HEALTH AND WELLBEING PROGRAMME. DESIGNED TO EDUCATE AND SUPPORT PLAYERS, COACHES, SUPPORT STAFF AND THE WIDER RUGBY COMMUNITY.

## YOUR TEAMS WILL TAKE PART IN:

- A mental wellbeing workshop for each of your U14 to U18 teams.
- A mental wellbeing workshop for all U14-U18 team parents/guardians. This workshop will support parents/guardians to identify if their young person is struggling with their mental fitness. It also gives them skills and tools to know when to get support for mental health and where to go.
- A mental wellbeing workshop for all U14-U18 team coaches. This workshop teaches coaches how to build the mental wellbeing of their teams. It also supports coaches to identify and respond if a young player within their team is struggling with their mental health.
- All of the above workshops can be delivered on a day and at a time that works for you and your team. Each workshop is around 60 minutes long.

# SUPPORTING MENTAL WELLBEING

Now, more than ever, young people are struggling with their mental wellbeing.

Research shows that 50% of mental health challenges change to occur by age 14 and 75% by age 24. That's why Mind. Set. Engage. is so important.

What sets it apart from other youth mental health programmes, is that it uses the power of sport to connect with young people. The programme aims to build communities that are mentally well, have greater understanding of mental health and stronger resilience to deal with challenges in sport and life.

Mind. Set. Engage is delivering a Movember funded programme called Ahead of the Game that has been tailored for young rugby players in New Zealand.

Ahead of the Game started as a research project by the University of Wollongong in Australia. The research shows the programme achieves positive outcomes for young sports players, and is possibly one of the only programmes of its type in the world to have its level of evidence showing it is effective. It's been delivered globally in Australia, the United Kingdom and Canada.

**Research so far has shown that the programme results in:**

- Greater levels of mental health literacy.
- Greater confidence in young people to seek help if they need it.
- Increased intentions to help others in their team/family with a mental health problem.
- Reduced levels of stigma for mental health challenges.

It also showed benefits for community clubs as it resulted in a much more positive and harmonious sporting experience for the young players taking part.

## 50%

OF MENTAL HEALTH CHALLENGES OCCUR BY AGE 14

## 75%

OF MENTAL HEALTH CHALLENGES OCCUR BY AGE 24