



AHEAD OF THE GAME

MIND.  
SET.  
ENGAGE.

# AHEAD OF THE GAME



MOVEMBER®



# SUPPORTING MENTAL WELLBEING

MIND SET ENGAGE IS 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 teenager will take part in:

- A 60 minute mental wellbeing workshop with their peers to improve their understanding of mental health.
- They'll learn how to kick off conversations about mental health and recognise warning signs of mental health challenges. They'll also gain the skills to help a mate out who might be going through a tough time. At the end, they'll have sharper skills to overcome challenges in sport and in life.

## As a parent/guardian of a young person you will receive:

- A free 60 minute mental wellbeing workshop to support you to identify if your teen is struggling with their mental health and give them the skills and tools to be able to know when to seek support from mental health services, and where to go.



# SUPPORTING MENTAL WELLBEING

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

Research shows that 50% of mental health challenges are established by age 14 and 75% by age 24. That is why programmes like Mind. Set. Engage. are so important.

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.

**Results so far have shown that the programme produces:**

- 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.

## 50%

OF MENTAL HEALTH CHALLENGES OCCUR BY AGE 14

## 75%

OF MENTAL HEALTH CHALLENGES OCCUR BY AGE 24