



LOTTERY FUNDED



**TOGETHER
FOR YOU**

Working towards
mental wellbeing
for everyone

Mental Health Promotion and Prevention

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Together For You

Overview

- Background to Together For You
- An ounce of prevention is better than a pound of cure
- Methods of Evaluation
- The Results

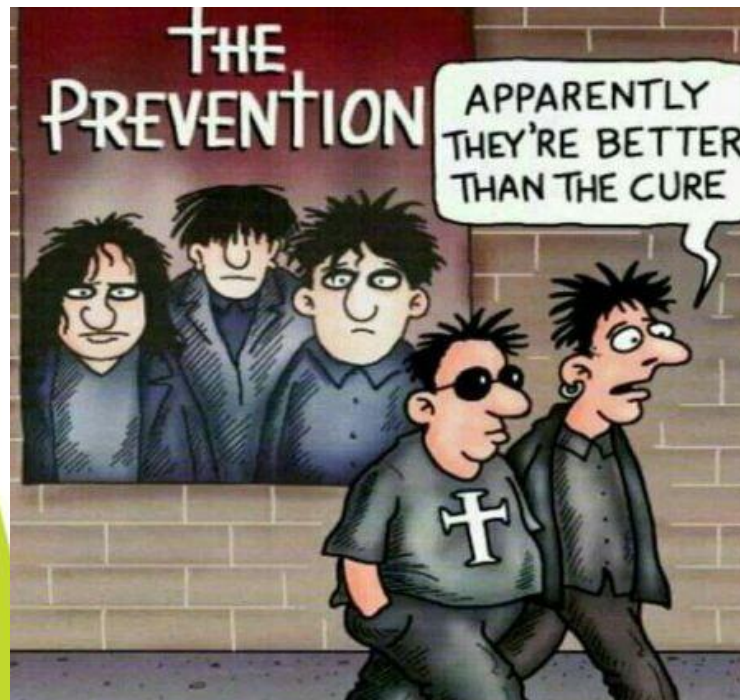


The Project



- £2.93m Project funded by the Big Lottery Fund
- Launched October 2013 (World Mental Health Day)
- Over 52,000 beneficiaries availed of services (Dec 2013 – May 2016)
- Cost per beneficiary - £52.39

An ounce of prevention is
better than a pound of
cure



Mental Health Promotion



Shared Learning events



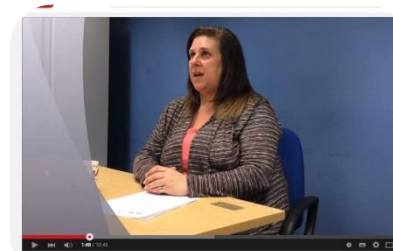
World Mental Health Day activities



Mental Health Awareness Week



Mens Mental Health Campaign



Beneficiary Testimonials inc video

Mental Health Promotion



-Over 17,000 visitors to website
-Over 110 news and events articles published



Over 550 followers to TFY_Project



Over 450 Facebook likes

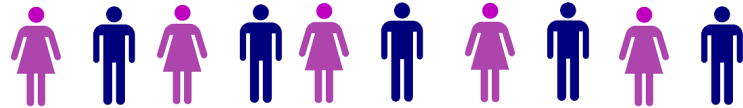


Presence on all partner websites and key stakeholder websites



PR: Over 50 newspaper articles / radio interviews

Mental Health Prevention



45,594 individuals benefited from Mental Health Awareness Sessions

2,661 individuals benefited from training



= 48,255 beneficiaries

Methods of Evaluation



- Evaluation / survey data collected from project beneficiaries
- Nine focus groups with 51 project beneficiaries
- Interviews with staff
- Past participant follow-up survey data- 302 respondents
- Key stakeholders / referral interviews
- Case studies; and
- Desk review of KPI data / other information provided by AMH relating to Together For You.

Results - Training



- 92% stated that the training they attended had helped them to maintain positive mental health and wellbeing.
- 92% of training attendees agreed or strongly agreed that they had a greater awareness of other sources of support
- 93% of training attendees agreed or strongly agreed that they have a better understanding of mental health issues

Long Term Results - Training



95% and 93% of respondents indicated that they have a greater awareness of sources of support for mental health issues and still felt able to seek help in relation to mental health respectively at least 3 months after support ended.*

*302 respondents to past participants questionnaire

Results – Mental Health Awareness



- Better understanding of mental health - 96% of adults and 95% of young people agreed or strongly agreed
- Understanding the signs of poor mental health - 93% of adults and 93% of young people agreed or strongly agreed
- Understanding of mental health issues - 93% of training attendees agreed or strongly agreed.

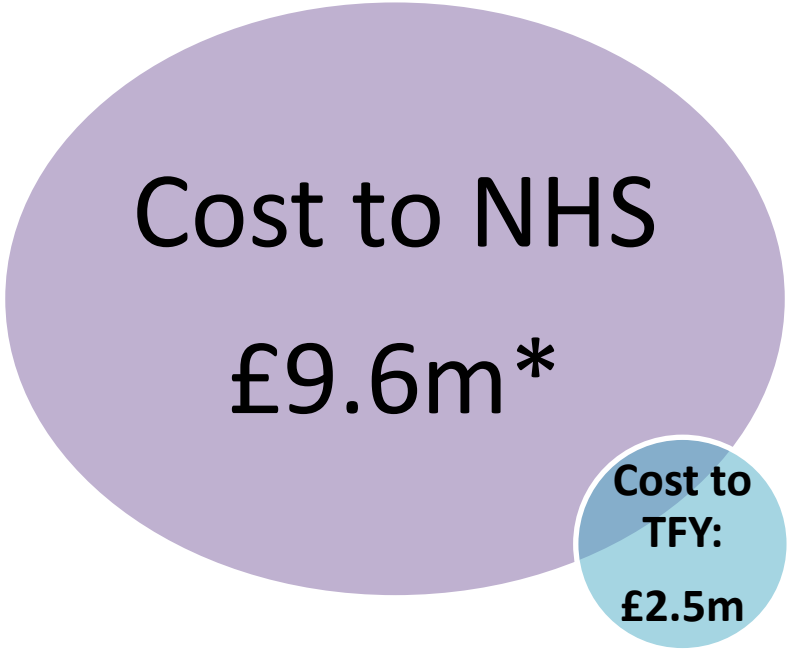
Long Term Results: Mental Health Awareness



99% and 98% of respondents indicated that they had an understanding of the importance of mental health and the signs of poor mental health respectively at least 3 months after support ended*

*302 respondents to past participants questionnaire

A £ of Prevention... Social Returns



Cost of NHS professional time to deliver coping strategies to 48,255 individuals.

*Based on £200 per plan (NHS Cost Book as referenced in Gauge NI (2012) *MindWise Impact Mapping Evaluation Report: Community Bridge Builder Service*)

Partnership: Greater than the sum of its parts



“From experience I know how hard it can be when you don’t know what support is out there, so having organisations working together to increase the awareness of all the support available out there is fantastic. The more awareness of support the better.” Beneficiary Quote

“Together For You has highlighted the strengths of each of the Partners and the uniqueness of each, but also the strength of each coming together to deliver an innovative project for the benefits of their local communities.” Partner quote

What next.....



- Developing partnership projects
- Enhancing service delivery
- Opportunities to influence policy
- Sustaining the collaboration - MoU



Access the full Evaluation Report by PACEC after 22nd June at:



: www.togetherforyou.org.uk



: [TFY_Project](https://twitter.com/TFY_Project)



: www.facebook.com/TFYProject



ANY QUESTIONS?

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