

# Movember Ahead of the Game

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**GAELIC GAMES**  
**PLAYER**  
**PATHWAY**



MOVEMBER  
AHEAD OF THE GAME  
Talk More Play Better



Ahead of the Game Partners







# AHEAD OF THE GAME

GROWN BY MOVEMBER®

MAOTG is a targeted early intervention programme that was created following the largest controlled trial in the world with respect to youth mental health

Movember Ahead of the Game (MAOTG) uses the **sporting environment to teach young athletes, parents and coaches** within community sport how to talk about and approach mental health.

MAOTG is the most evidenced based sport-based programme in the world, with considerable **demonstrable efficacy and impact**.

The **programme is proven to decrease stigmatising attitudes towards mental health problems/challenges, increase intentions to seek help** for yourself, **intentions to help others and improve overall wellbeing** of participants.



# MOVEMBER AHEAD OF THE GAME – PHASE 1

- **176 clubs** across the **32 counties** of Ireland took part in Phase 1 with at least one club in every county receiving a workshop.
- **4592** participants have attended a workshop
  - **2,729** young male and female members
  - **1,863** parents and club coaches



# MAOTG PROGRAMME INSIGHTS SO FAR



The programme has received incredibly positive feedback from young people, parents and coaches so far.

Regular participant monitoring through feedback at the end of each session gives us the following insights:

- **91%** have a better understanding of the **importance of being mentally fit & healthy**
- **94%** said they now know who to talk to and **where to go for mental help support for themselves and for others**
- **91%** said that after the session they felt **more assured in recognising the signs of poor mental health in themselves**
- **93%** of player participants also said they now had **confidence to talk with a friend going through a tough time with their mental health after taking part in**



# WHAT THE PARTICIPANTS SAY...

## **Parent**

Really useful workshop that is invaluable to young people in today's society. The presenters are so relatable and would really show young people that everyone can be affected by mental health and it's nothing to be ashamed of.

## **Parent**

Extremely informative and engaging. Very beneficial for both parents and the young people.

## **Coach**

Really informative and engaging. Really made me think and reassured me that I am now better equipped to identify the signs of mental health issues.

## **Coach**

Keep up the good work. The program should be rolled out to more clubs. Very beneficial.

## **Athlete**


Just thought the two lads in with us were very good. Interesting learning more about anxiety, depression, famous athletes that suffered from mental health issues & about being a smart ALEC.

## **Athlete**

Interesting and gave me a bigger understanding on physical and mental health.

# PHASE 2 – MOVEMBER AHEAD OF THE GAME


- Delivery time of **Phase 2 is September 2024 - April 2025**
- **1 hour workshop** for the **players on the u14/u15 team**, 15-minute break, **1 hour workshop for parents, coaches and volunteers**
- Workshops cannot be mixed gender
- **25 participants** per workshop and a **min number of 5**
- **30 facilitators** of the programme are **current and former inter county players**
- All **trained to facilitate the MAOTG programme** and are also **qualified mental health first aiders** following training from Mental Health First Aid Ireland



**BE A SMART  
A > L > E > C**

Asking, listening and being there for your friends can be lifesaving. When in doubt, use this guide to be there for friends – in any situation.

Many thanks to R U OK? for developing the ALEC framework.



ROI [WWW.CHILDLINE.IE](http://WWW.CHILDLINE.IE)  
NI [WWW.CHILDLINE.ORG.UK](http://WWW.CHILDLINE.ORG.UK)





# How does my Club get Involved?

Follow the link:

<https://learning.gaa.ie/movember>

- ✓ Complete An Ahead Of The Game - Phase 2 Expression Of Interest
- ✓ Schedule a session at a date & time that works for you



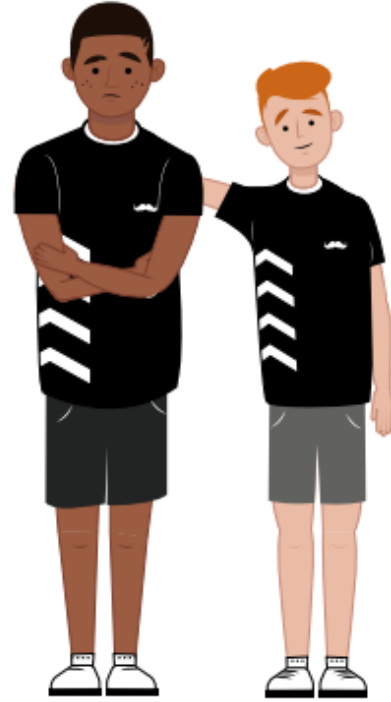
## MENTAL FITNESS

Alertness  
Concentration  
Wellbeing

Problems

Severity  
Duration

MENTAL ILLNESS



**RECOVER  
WITH HELP**

## PHYSICAL FITNESS

Fitness  
Strength  
Agility

Problems

Severity  
Duration

PHYSICAL INJURY

# MENTAL HEALTH CONTINUUM



## MENTAL FITNESS

Wellbeing

Some stress  
to mild distress

No impairment

Emotional problems  
or concerns

Mild to moderate  
distress

Mild or temporary  
challenges

## MENTAL ILLNESS

Mental illness

Severe distress

Moderate to  
disabling or chronic  
impairment



Feelings can fluctuate throughout the day

Mental health problems

# HOW TO HELP

Be a smart ALEC



Many thanks to R U OK? for developing the ALEC model and materials that have been used to build the above content.

Help out a teammate - For Players

**ASK**

Ask how they are

**LISTEN**

Listen without judgement

**ENCOURAGE ACTION**

Explore the options they might have and provide resources

**CHECK IN**

Keep in touch with where they're at

How have you been lately?

You seem a bit stressed these days. Is anything up?

Focus on what you can see

I've noticed that you haven't wanted to go to training lately. Is everything OK?

**ASK**

**HOW THEY ARE**

I've noticed that you're not hanging out with Alec any more. Are you alright?

...

It looks like you're having some trouble concentrating the last few weeks. Does it feel that way for you?



# WHAT IF **THEY** AREN'T OKAY?

Sometimes people say they're  
okay, even when they're not

out a teammate - For Players

## IF THEY AREN'T OKAY

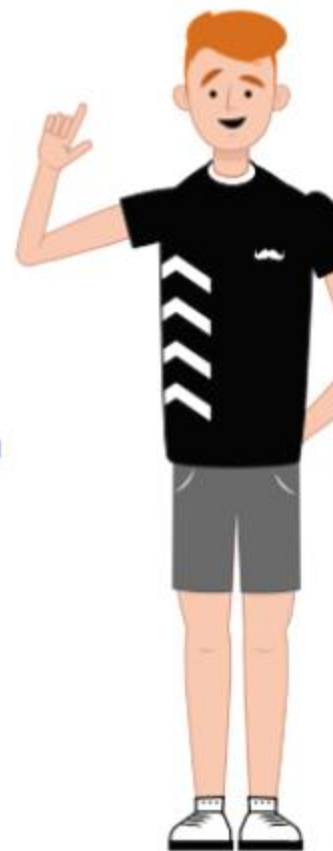
### CHECK

Body language and tone of voice

### SAY

Say what you see

"You don't seem like yourself, are you  
sure?"



Eye contact

Use their name/  
nickname

Body language

**LISTEN**

**WITHOUT JUDGEMENT**

Encouraging  
words, sounds &  
actions

Clarify

Believe them and  
empathise

Don't look for a  
quick solution





# ASK

Response  
Actually, I'm not doing  
that well...

# LISTEN

(encouraging words/actions)  
(empathise)  
(clarify)  
(body language)  
(no solutions)





# ENCOURAGE ACTION

EXPLORE THE OPTIONS  
THEY MIGHT HAVE AND  
PROVIDE RESOURCES



# SOURCES OF HELP



## CHILDLINE

Childline is free, confidential and available any time, day or night, by phone or live chat for young people in Ireland.

ROI [www.childline.ie](http://www.childline.ie)

1800 66 66 66

NI [www.childline.org.uk](http://www.childline.org.uk)

0800 1111



## TEXT ABOUT IT

Text About It is free, anonymous and available 24/7. Text HELLO to 50808 to start a conversation.

[www.textaboutit.ie](http://www.textaboutit.ie)

TEXT: 50808



## JIGSAW

Online support and information, 1 to 1 text chats, and face to face services.

[www.jigsaw.ie](http://www.jigsaw.ie)



## BELONG TO

BeLonG To Youth Services is the national organisation supporting LGBTI+ young people in Ireland.

[www.belongto.org](http://www.belongto.org)

# PROFESSIONAL HELP SEEKING & TREATMENT OPTIONS



**YOUR GP**



**YOUR CAMHS  
SERVICE**



**SPORT  
PSYCHOLOGISTS**



**SCHOOL  
COUNSELORS**



**PSYCHOLOGISTS**



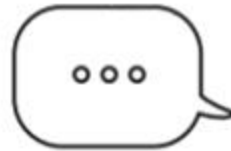
**SOCIAL  
WORKERS**

A psychologist or mental health professional might be really helpful. Would you like me to help you find the right one for you?

What do you think you'd like to do about this? How can I help support you?

## ENCOURAGE ACTION

Do you think you'd like to talk to a mental health professional about this?



I really want to help you with this, could I help you find the right place to go?



**CHECK IN**

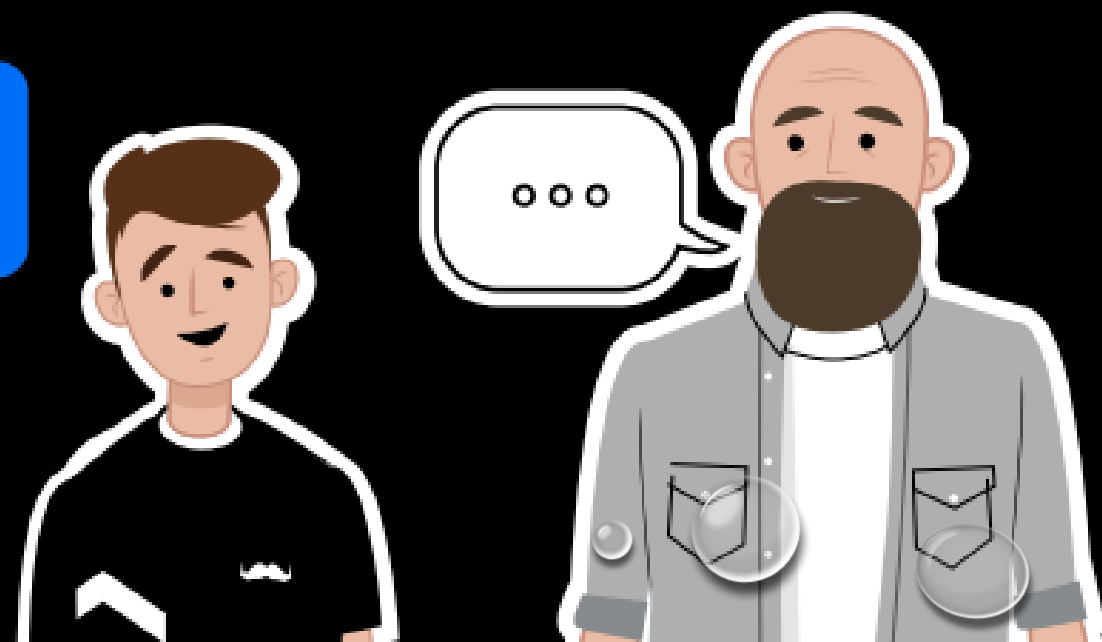
**KEEP IN TOUCH WITH  
WHERE THEY'RE AT**

I want you to know I've got your back,  
you're not in this alone.

How are you doing?

# CHECK IN

If you need someone to talk to,  
I'm here to listen.



BE A SMART

ALEC



# IF SOMEONE DOESN'T WANT HELP

## DO

Be available to talk and listen when they need.

Get informed. Talk to someone yourself. Offer help or suggestions if and when they reach out to you and ask for your advice.

Suggest talking to others.

Suggest resources.

Focus on problems you can see.



## DON'T

Try and force the issue

Put pressure on them

Avoid them

Play the blame game





KEEP ACTIVE



TAKE TIME  
TO RELAX



TALK ABOUT YOUR  
PROBLEMS



FOCUS ON YOUR STRENGTHS

# ENCOURAGE HEALTHY BEHAVIOURS



SPEND TIME WITH  
FAMILY AND MATES



EAT  
HEALTHILY



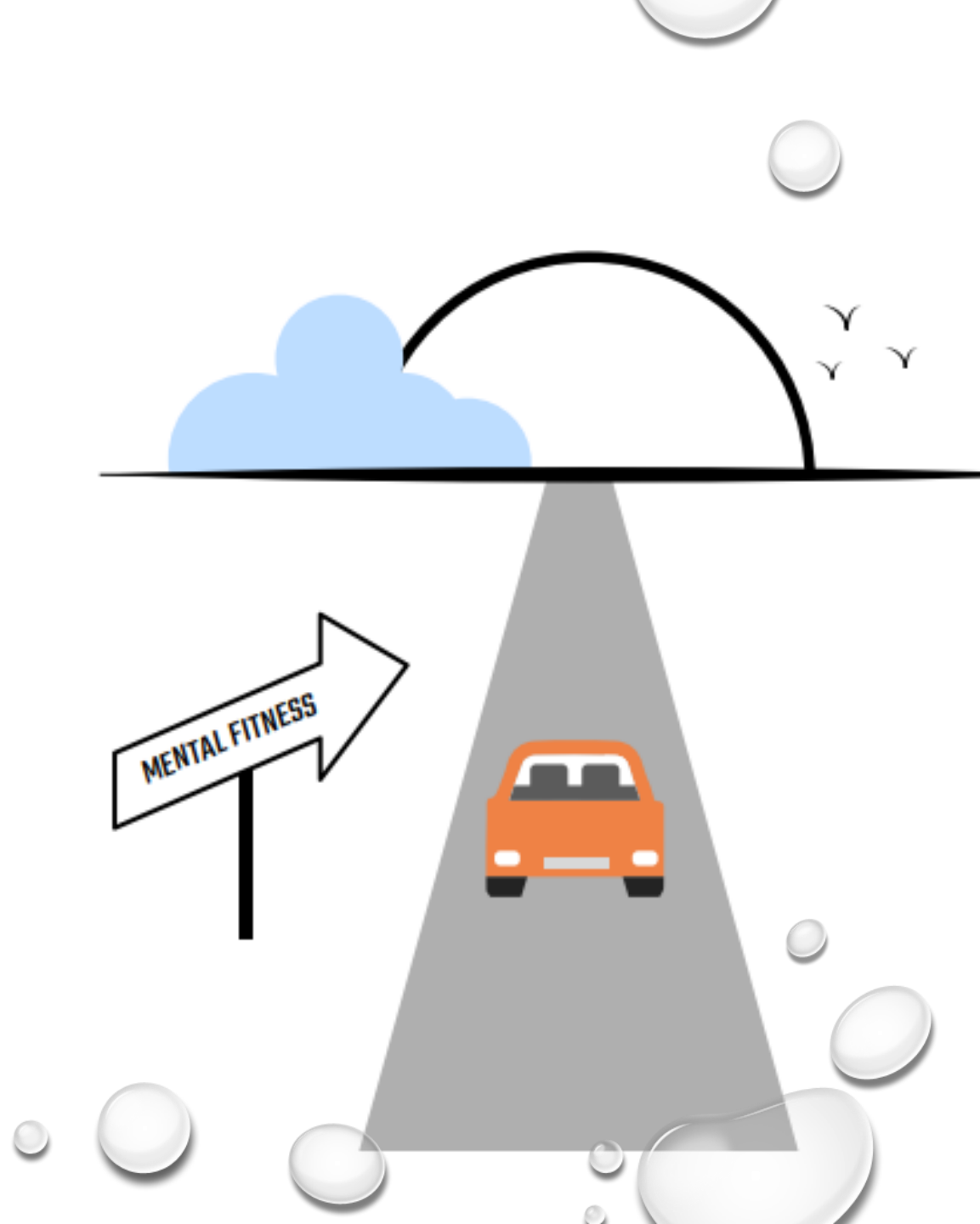
SLEEP 8 TO 9 HOURS  
A NIGHT

# BE A GOOD ROLE MODEL

Take care of yourself

Practice mentally healthy strategies

Seek help and support



**ONE** THING YOU WILL TAKE  
AWAY FROM TODAY?





In partnership with

