



## Whats Behind the Smile

'What's Behind the Smile' has been born from tragedy and the need to address mental health awareness. Sadly, last year one of our rugby players committed suicide. 'We had no idea' 'there were no signs'- or were there?! And we just didn't know... This passing has had a devastating effect on the club, members, friends and family. More recently more personal to myself a family member a Naval Seaman killed himself and again there were no clues... In hindsight there were signs, but no one picked up on them. Suicide is complex. It usually occurs gradually, progressing from thoughts, to planning, to attempting suicide and finally dying by suicide. The purpose of this CIC is to offer help to those suffering mental health anguish. We want to help others. We want to make a difference. We want to Raise Awareness of Mental Health Issues through the implementation of Mental Health First Aid Training (MHFAT) and the development of Self Help Groups throughout North Tyneside. 1 in 4 adults and 1 in 10 young people will experience a mental health issue at any one time during their lifetime. There are members in our community; now civilians, military and ex-military who face unique challenges and risks to their mental health. Long periods of time away from family during service, exposure to high stress situations and trauma, and the difficulty of adjusting between military and civilian life; all can impact on the mental health of serving and ex-serving personnel and their families. Within sport there are civilians and ex-military who struggle in many ways with stresses such as depression, anxiety, adjustment disorders, post-traumatic stress disorder and alcohol misuse for many reasons. Having self-help support groups within North Tyneside will help and support. This is a much needed service which we want to be available to all. We want to empower everyone in the community to meet these challenges head on by equipping them with practical skills; by providing safe environments where self-help strategies' can take place. Long term we also want to offer support youth, adult, military personnel and their families. Families often get left behind due to the assumption they are 'fine'. This is not always the case.

Whats Behind the Smile



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## Services

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No Services

## Events

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No Events

## Activities

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No Activities

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