

A person is seen from the back, running on a green field. They are wearing a dark blue and white long-sleeved athletic top with 'VARSITY 2018' on the back and 'WARWICK' on the sleeve. They are also wearing black shorts with 'AKUMA' on the back. The background is a blurred outdoor setting with trees and other people in the distance, suggesting a sports field at sunset or sunrise.

Proactive mental health and wellbeing support for sports organisations



The proactive wellbeing solution

This information pack is intended to support discussions at local clubs (*stakeholders and committees*) that are considering the use of Govox to support mental health and wellbeing.

Key considerations for sports organisations are: safe, secure, simple, effective and affordable.

Please use this material for internal discussions.

Identifying small issues early can make a **big difference in people's lives**

Understanding mental health can be difficult. Unlike physical health, it often goes unnoticed - until, devastatingly, it may be too late. According to NHS England and NHS Improvement, mental health problems represent the biggest single cause of disability in the UK - with one in four adults experiencing a mental health condition in any given year'. You'll know some of them.

We understand your sports club is like a family. Volunteers and staff need an effective way of spotting the issues early on - so you can make a real difference to the outcomes.

In a world that finds it hard to talk but is better connected digitally now more than ever before, people are comfortable online. Our simple solution gives them a safe space to open up, enabling you to step in and offer the right support when they need it.

Govox is making a real difference in sports organisations nationally and internationally - improving happiness by at least 10% within three months. Could your sports club be healthier and happier?

Govox was '*born*' at a local sports club, following the increasing number of suicides and attempted suicides across grassroots clubs. It simply exists to **save lives**.

As difficult as mental health can be to talk about, the Govox solution focuses on more closely connecting you to your members. As a tech-enabled solution, it creates a strong communication route between your club's support network and your members, while at the same time ensuring everyone receives the latest support and guidelines when they need it.

We'll show you How the Govox wellbeing platform works next.

Please use this material for internal discussions.
For further information, visit www.govox.co.uk/club-info

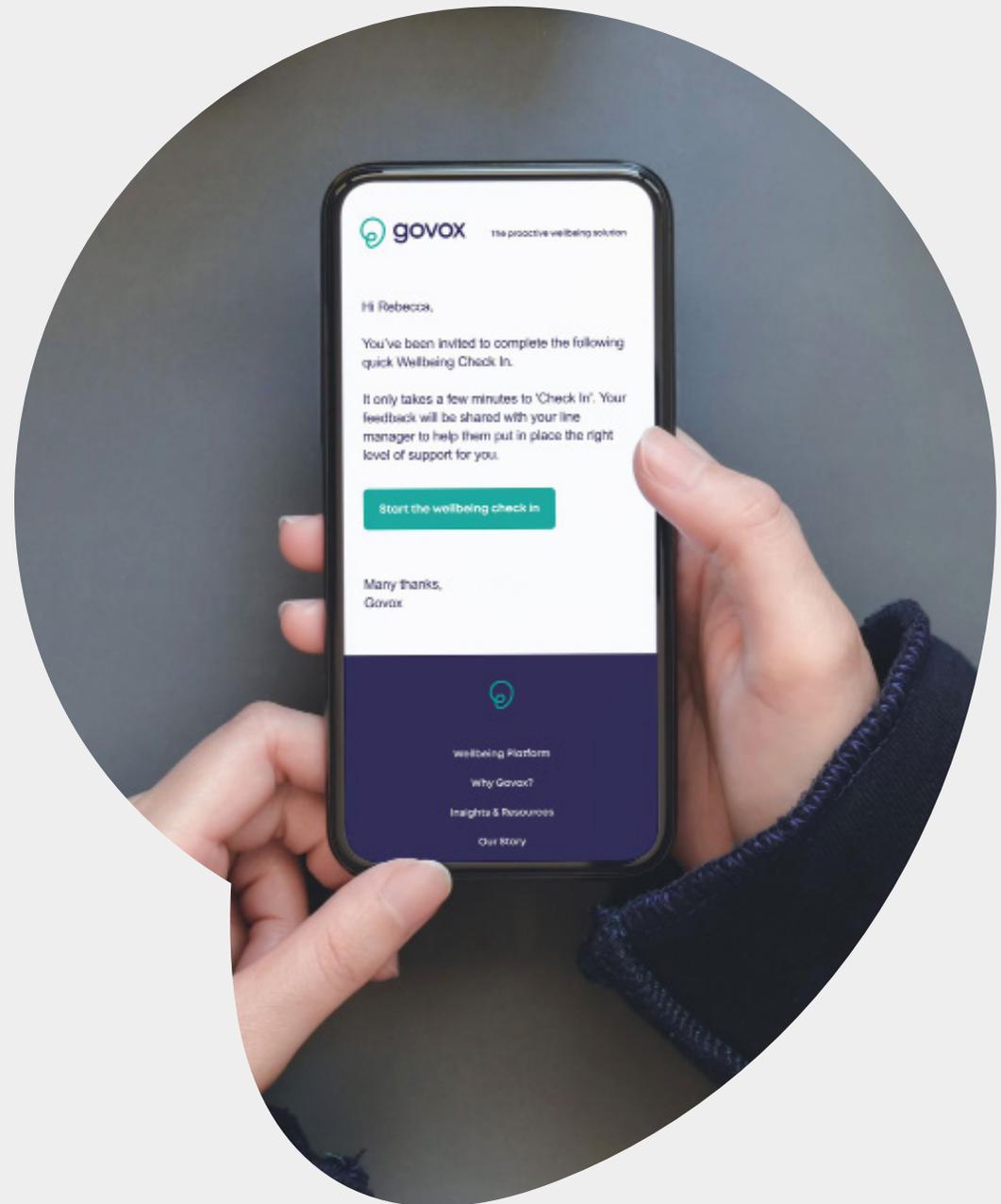




Step 1 Connect

Club members get a scheduled invite to check in monthly with the Govox platform on their phone, tablet or computer.

They are asked to answer a few simple, non-intrusive questions, which have been designed in collaboration with our mental health specialists and generate insights across the five pillars of wellbeing: body, mind, connections, fulfilment and emotions.





Step 2 Identify

The nominated support at your club, workplace, or education facility can instantly access check in results on the online wellbeing dashboard.

Because each person's data has their name on it, you can see at a glance who would benefit most from a helping hand. This personal approach is unique to our platform and enables you to prioritise support, resources and, importantly, the conversations that matter.

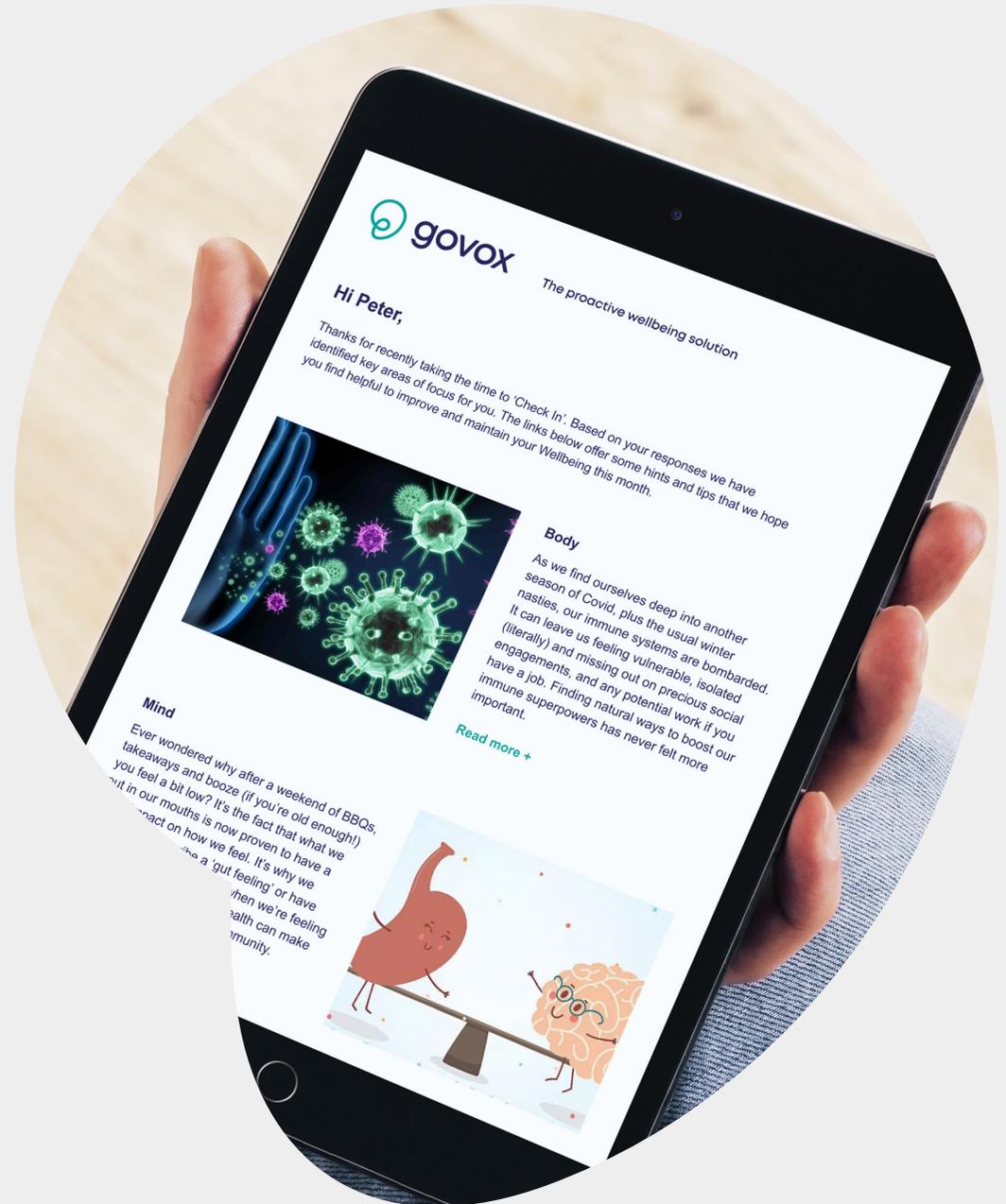




Step 3 Support

Once a participant has completed their check in, they'll receive a personal wellbeing report sent straight to their inbox.

Its contents are based entirely on the individual's given responses and will provide a little extra help in the areas they need it most. Our wellbeing trainers will ensure you have the additional skills to support where needed.



By bringing mental health to as equal a footing as physical health at your club, Govox ensures:

- Your members know you care.
- Your members receive relevant and up-to-date support, hints and tips to care for their wellbeing.
- You have visibility of who in your club needs some support (*often just a quick catch up and chat*).

Safe and secure

The Govox wellbeing platform is GDPR compliant and Cyber Essentials Certified. You can rest assured we take data protection very seriously.

Your members' safety, online and offline, is a key consideration for any club. Govox recognises this and has two safe and secure routes for you to set your clubs up.

Whichever route you prefer, we are here to help.

Option 1

We can share a web link that you then send on to your members.

It is designed to explain what Govox is and why you've implemented it, and outlines next steps as well as giving confidence around data security and GDPR compliance.

Your members can then simply 'opt in' by supplying their name and preferred email address.

Option 2

Alternatively, if you are used to using online tools at your club, we can supply a web link where you can download a form, complete it with your members' details (*names and email addresses*) and securely upload it.



1 www.england.nhs.uk/mental-health/adults



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