



National FRC Mental Health Promotion Project Year in Review – Summary of Findings December 2020



Introduction

This report provides an overview of key findings from the **National FRC Mental Health Promotion Project** year in review survey 2020.

The National FRC Mental Health Promotion Project is dedicated to providing education, training, support and best practice guidance to staff, volunteers and voluntary boards of Family Resource Centres which will have a positive impact on their own mental health and the mental health of the communities they work in.

The survey is a study of all Family Resource Centre staff, volunteers, and board members undertaken annually in order to provide trends in community demand for mental health supports and the wellbeing and professional development of FRC staff, volunteers and board members.

The survey was sent by email to a database of FRC staff, volunteers, and board members in December 2020. **85** responses were received.

Community Demand

94%

increase in demand for mental health supports

99%

feel that Covid-19 had a negative impact on the wellbeing of the service-users of the FRC

1

Loneliness / isolation

2

Anxiety about mental health

3

Anxiety about physical health

Reasons for contact

4

Relationship difficulties

5

Bereavement

Professional Development

Additional Mental Health Training

70%

completed the
Suicide
Prevention Code
of Practice
training

34%

Have used the
Suicide
Prevention Code
of Practice in the
last 12 months

64%

SafeTalk

56%

Asist

3.5%

START

15%

None

23%

Understanding
Self Harm

17%

WRAP

20%

Other

National FRC
Mental Health
Promotion Project



Wellbeing

Factors negatively impacting on wellbeing

34%
rated their wellbeing as very good or excellent in 2020. Down from 72% in 2019

77%
felt that the Covid19 pandemic had a negative impact on their wellbeing

1
Lack of ability to deliver your services remotely

2
Increased demand from service-users of my FRC

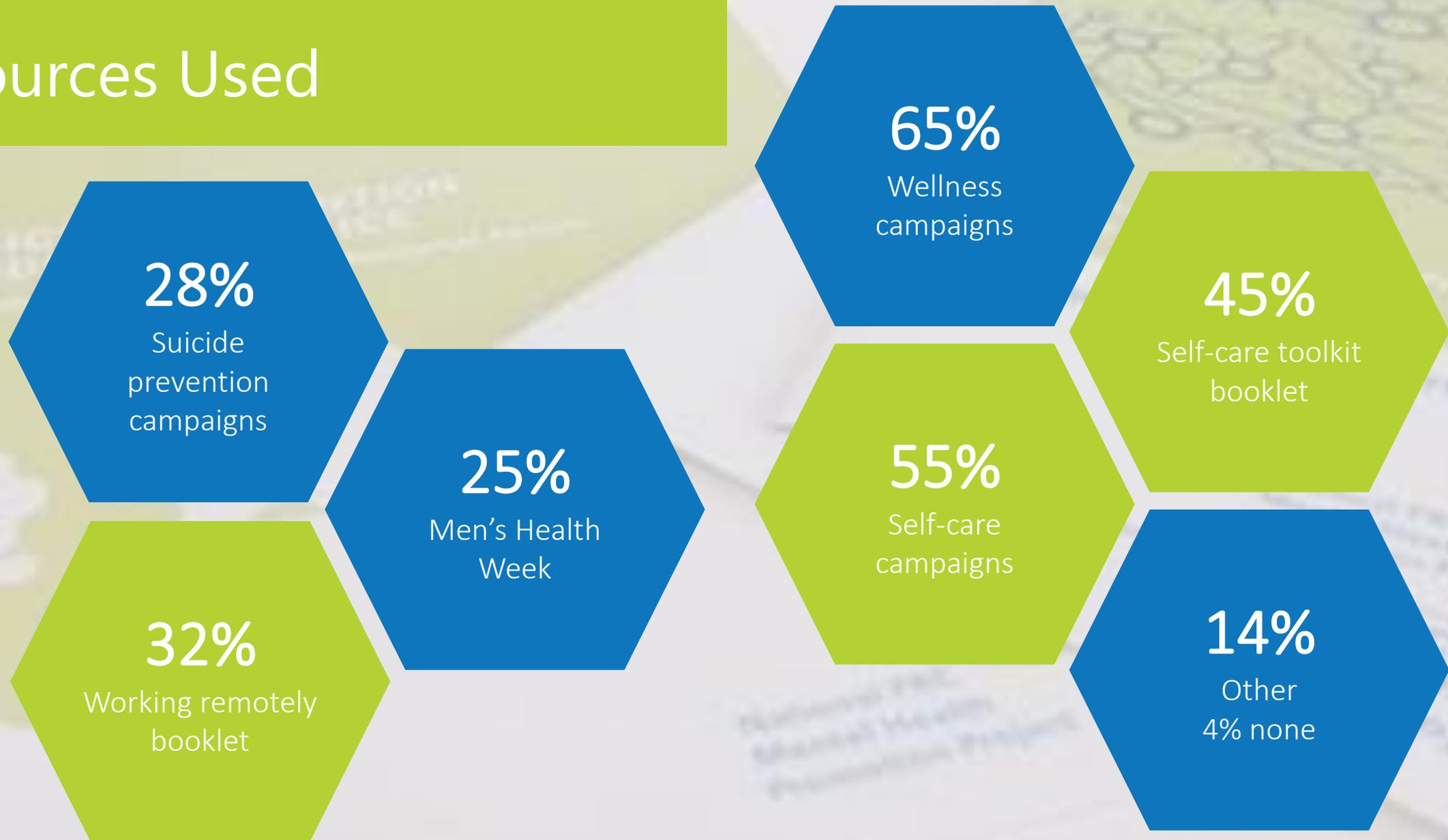
3
Worry about your service-users

4
General anxiety about Covid-19

5
Financial constraints at my FRC

60%
participated in staff wellbeing workshops

Resources Used



28%

Suicide prevention campaigns

32%

Working remotely booklet

25%

Men's Health Week

65%

Wellness campaigns

55%

Self-care campaigns

45%

Self-care toolkit booklet

14%

Other
4% none

Innovation during Covid-19

Since the outbreak of Covid-19, Family Resource Centres throughout Ireland played a key role working on the ground supporting communities by broadening their range of services, liaising with local Voluntary Covid-19 groups, and responding to the direct needs of some of the most vulnerable in society. Innovations included:

- **Physical health** supports including food parcels, care packages to families and older members of the community, and outdoor activities for the community.
- **Educational and parent** supports including parent support helplines and therapeutic packs for children.
- **Social supports** including providing books, CDs and DVDs free for people to collect from outside the centre, regular care calls, home and doorstep visits, a buddy system, and moving the befriending service online.
- **Mental health** supports including delivering counselling over Zoom, online group anxiety sessions with therapists for young people, and producing mental health packs.



National FRC Mental Health Promotion Project

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Follow on **Twitter** [@FRCHealth](https://twitter.com/FRCHealth) and **Facebook**

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