



12th Man Peer Support Project in Suffolk

The Outsiders CIC conceived The 12th Man project in an attempt to completely turn around the commonly held belief that it's a sign of weakness for men to talk about mental health.

Men have told us that they would think of it as a strength to support themselves and people in their lives who have mental health problems, if they had the knowledge, confidence and the 'right words' to do so.

In sport the 12th man is a name often given to the crowd, who support their team when they need it most. **The Outsiders' vision is that men will be equipped with everything they need to be the 12th Man in their everyday lives:** supporting their families, friends and colleagues, as well as themselves where necessary.

After successfully applying for a Big Lottery grant, **The 12th Man is now part of a national peer support programme called Side by Side.** Active in Suffolk, this now means that **men in Suffolk can access The 12th Man project free of charge** if they need any mental health support themselves, and if they feel able to take part in upbeat, informal sessions using their experiences to support others.

Men joining the 12th Man project will have the chance to regularly meet with others in places they feel comfortable. They will also be offered **free training in Peer Support, Mental Health First Aid and the Five Ways to Wellbeing.** Those feeling passionate about peer support and confident enough to do so can also join The 12th Man team at public events, promoting the peer support concept to others. Men who participate in the 12th Man project can also make suggestions for activities that promote physical health benefits, such as sports or walking trips.

Organisations can refer men they work with to the project and people can also self-refer. The process is simple and informal – people simply email or call Oz Osborne from The Outsiders:

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LOTTERY FUNDED



Improving mental health through peer support

