

www.tamhi.org



Impact Report 2022-2023

TAMHI has helped increase the capacity of the club to better support and implement mental health in our club. (22nd Old Boys)



Sports Clubs



129

Clubs supported



152

Coaches Trained
Mental Wealth Games



1920

Players Engaged through
clubs in Wellbeing
Projects



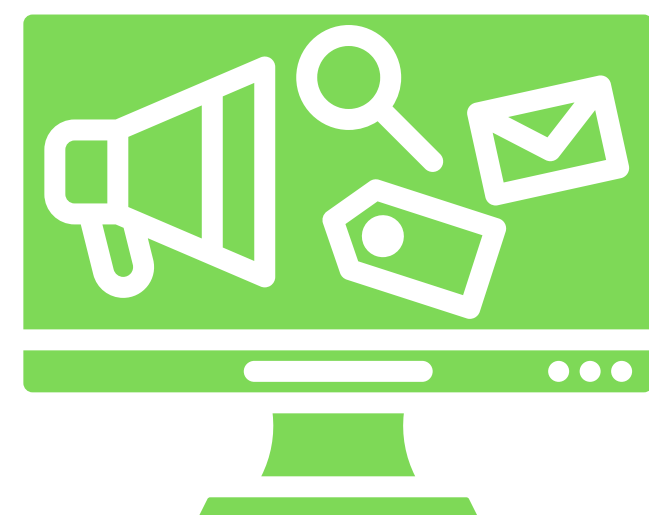
480

Young People Trained in
Mental Wealth Games



94%

Increased Wellbeing
Knowledge



4

Successful wellbeing
campaigns



£194,600

Grants obtained by clubs
for wellbeing projects



18

Clubs supporting
schools

The TAMHI programme is outstanding in terms of advancing the skills of the pupils and boosting their confidence and self esteem.
Principal Holy Cross Girls



Primary Schools



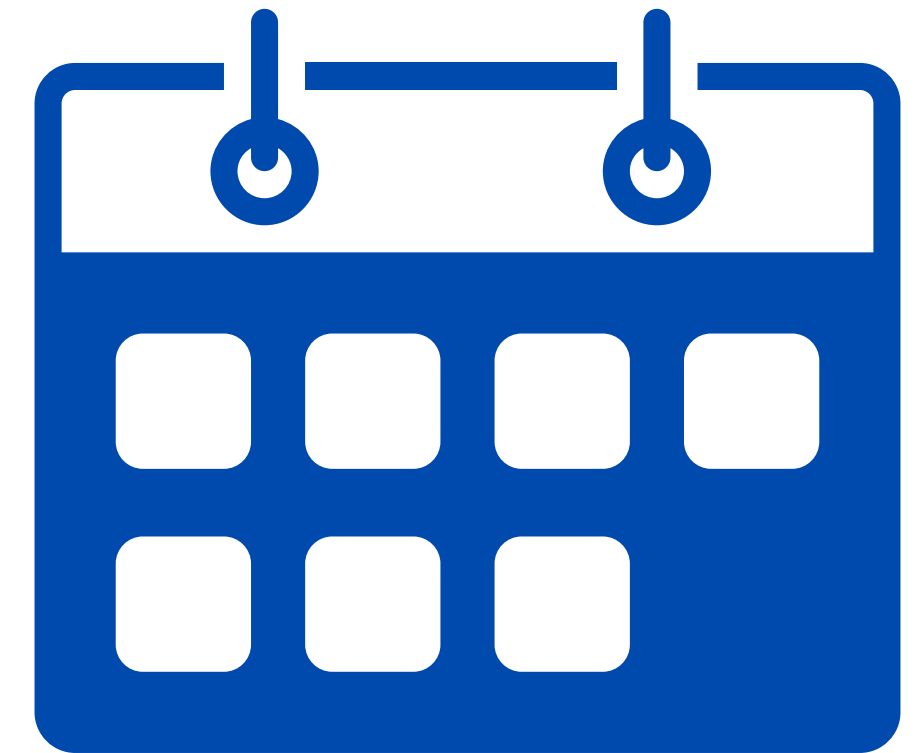
1

Mindful Play Programme



8

Schools Engaged



96

Sessions



580

Children Engaged




92%

Enjoyed the Programme



89%

Positive Impact on Wellbeing



**I have took part in lower
and upper 6th and it has
made a huge difference on
my leadership skills,
confidence and resilience.**

Upper 6th Belfast High

Post Primary Schools



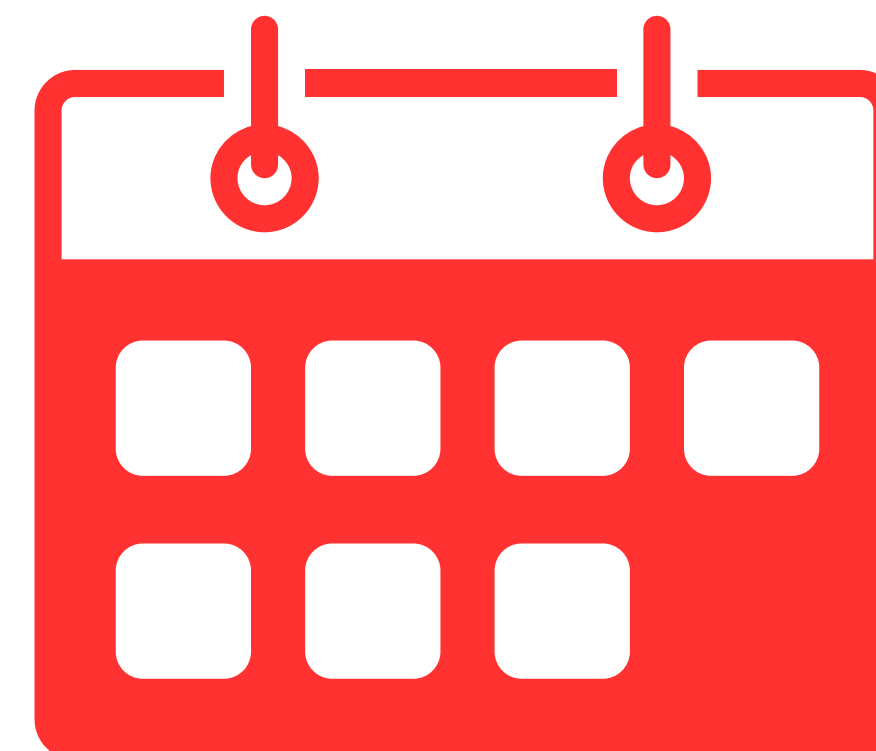
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Champions of Wellbeing
Programme



10

Post Primary Schools
Engaged



57

Sessions Delivered



140

Young Leaders Trained in
Mental Wealth Games



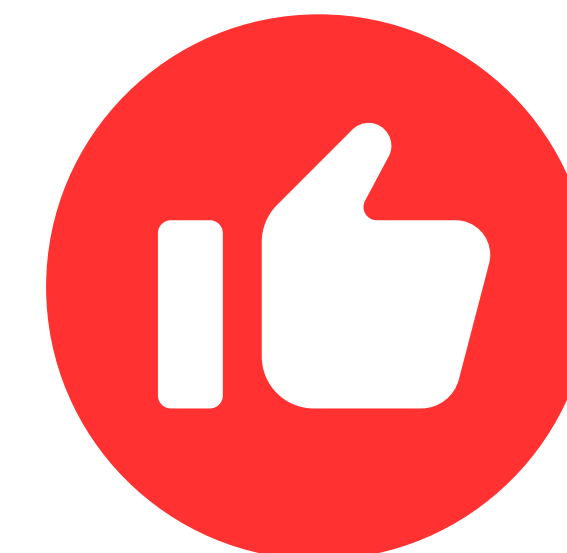
88%

Wellbeing Impact
Warwick Edinburgh
Wellbeing Scale



1099

Peers Engaged



92%

Positive Feedback

Course was fantastic, really engaging, open and honest. Wasn't bored at all and found it very educational.



IFA Ahead of the Game



Start the conversation

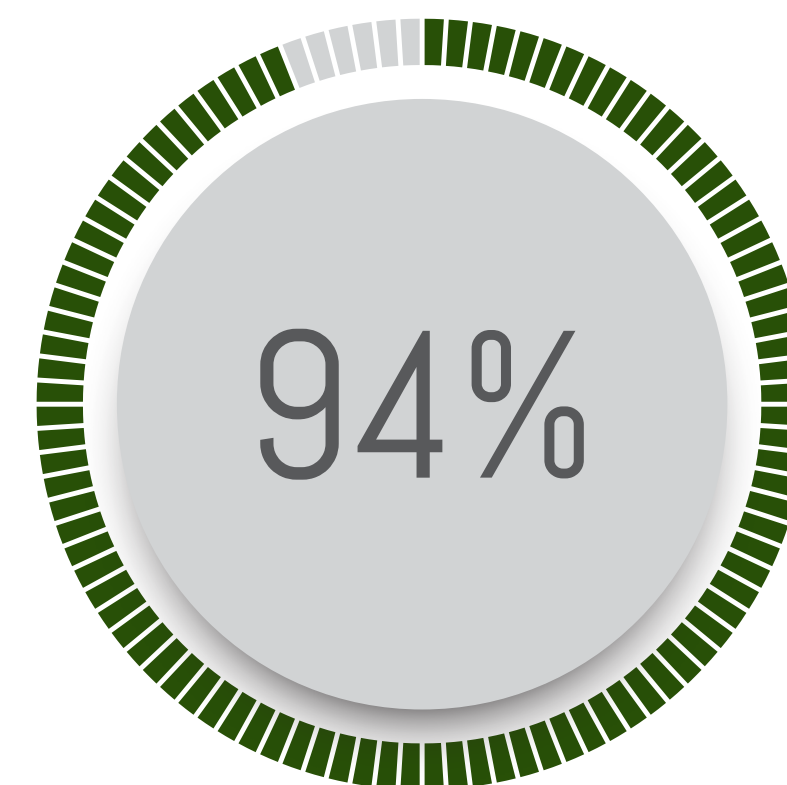
11

Workshops



131

Coaches Trained



Strongly Agree -
Objectives Met



Youth

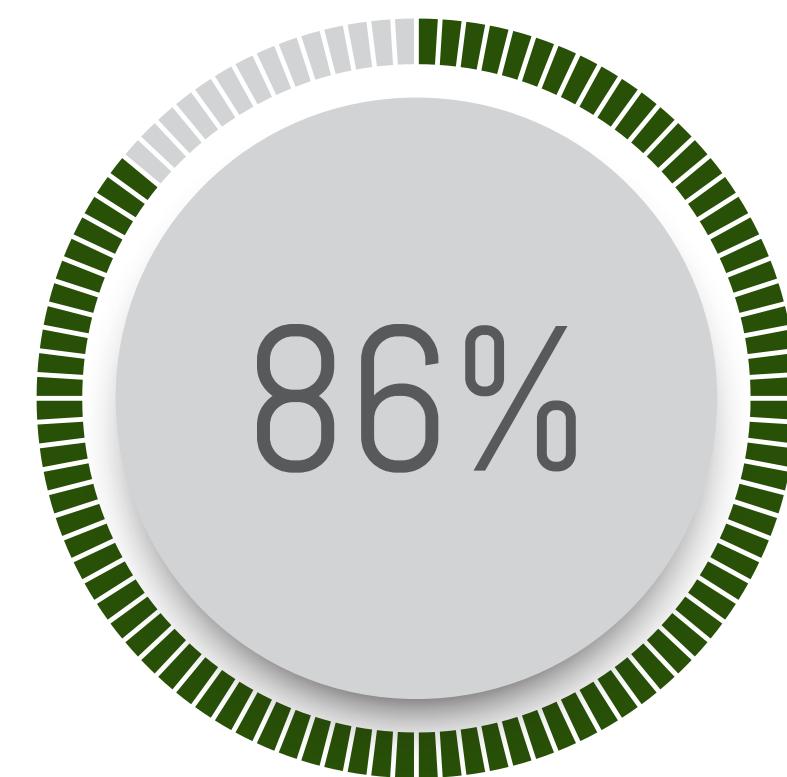
5

Pilot Projects



190

Players Engaged



Strongly Agree -
Objectives Met



Belfast
City Council



**"PUTT YOUR PROBLEMS
ASIDE AND
DRIVE FORWARD"**



Belfast
Men's Health



T.A.M.H.I.

Community Outreach



22

Young Volunteers



10

Information Events



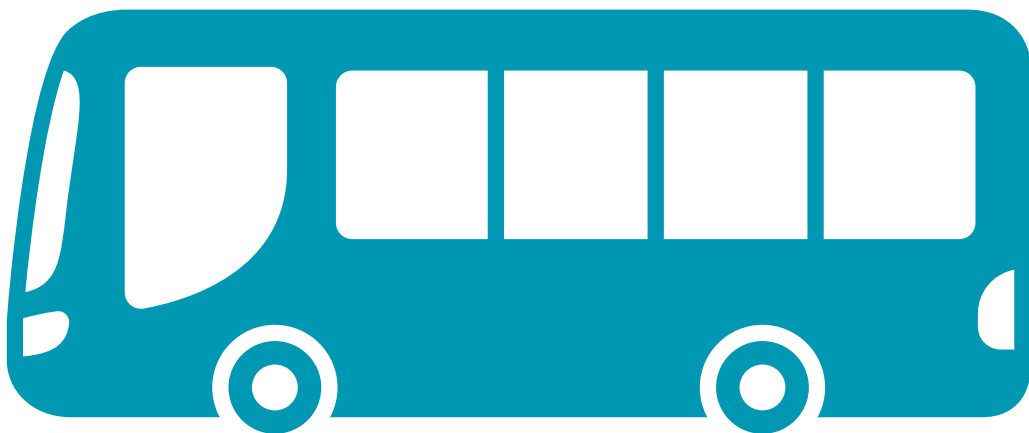
1000

Easter Eggs



1000

Selection Boxes



2

Cross Border



4

Community
Fourms/Networks



Raise Awareness Online



23,319

Average Reach



10,000



2,867



142



TAMHI Staff



3

Employees

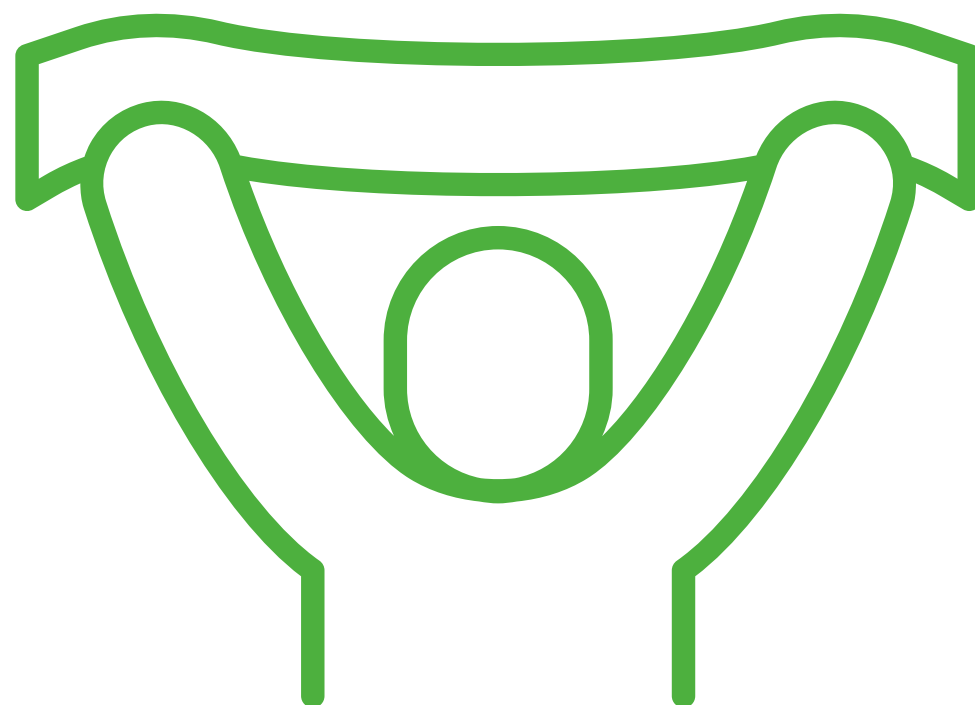


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Volunteers



Supporters





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Current Reach

