

HiS Charity

Help Information Support



www.hischarity.org.uk

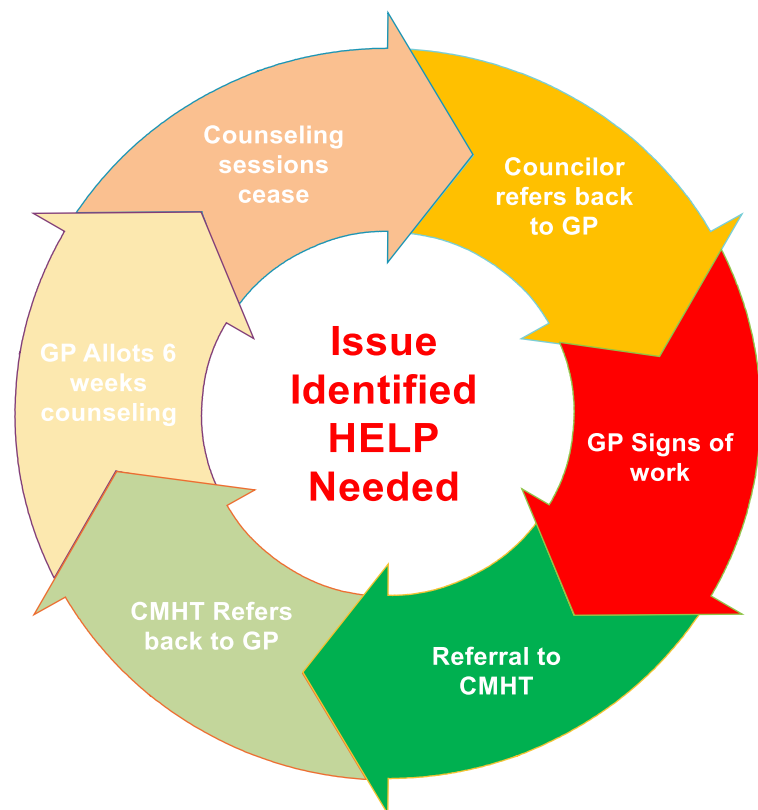


'HIS' (Help Information Support) was established to address a significant gap in mental health services for males. The organization was founded after the loss of a dear friend, Tim, who took his own life in 2019. Upon learning about Tim's story and the factors that led to his decision, it became evident that more could have been done to prevent his tragic loss. As a result, HIS was created to support men and young lads struggling with their emotional and mental well-being across the UK.



"HIS" is a unique service that takes a holistic approach, addressing the needs of the whole person. It creates a personalized package for each individual, providing a safe space for men and young lads to work on their needs. Additionally, it fosters a sense of family and belonging for those who may not have experienced it before. Each person is assigned a practitioner who provides support and someone they can trust as their go-to person on bad days. The service works closely with other organizations, appointed family, and friends to ensure comprehensive support for the individual. The primary focus of "HIS" is to provide nurturing and holistic support centred around the human needs of each person.

We offer supplementary services that are not clinical, providing complementary and holistic therapies to support the mind, body, and soul. Often, when men share their stories, they express frustration at having to repeat their experiences to multiple practitioners. This can lead some to give up, feeling that there is no point in continuing.



see the process as somewhat similar to the game "Snakes and Ladders." You make progress by visiting your GP, taking medications, and being referred to the Community Mental Health Team (CMHT). However, the CMHT may then refer you back to the GP. Alternatively, you might receive six weeks of counselling, but when that ends, you are referred back to the GP. This cycle can make individuals feel like they are not making any progress in their healing journey.

Our service is client-centred, so we don't consider a case closed until the individual has found their way. Even after that, we always keep our door open—whether it's been six months, a year, or even five years. If you encounter a setback and need a refresher, you can pick up right where you left off. We strive to reconnect you with the same practitioner so you can continue from where you last stopped.

About HiS

Our approach is based upon two fundamental theoretical influences: (a) John Bowlby's attachment theory and (b) Abraham Maslow's hierarchy of needs. Attachment theory proposes that the foundation of a secure personality and mental health lies in the stability of our earliest infant attachments to our caregivers.



We believe that it is never too late for those who have been damaged by unhealthy earlier attachments (due to trauma, loss, neglect, or abuse) to develop more secure attachments in their teenage or adult lives. Maslow's hierarchy of needs proposes that all humans are motivated by five primary categories of needs:

- Physiological (food, clothing & shelter).
- Safety (protection & financial security).
- Love and belonging (friendship & family bonds).
- Esteem (self-respect & personal growth).
- Self-actualisation (self-fulfillment).

Maslow's model may work better by organising his primary elements into a circle rather than a hierarchy. For instance, research indicates that a major cause of suicide and mental ill health is feeling unloved and unwanted. Therefore, if psychological and spiritual needs are unmet (due to despair, loneliness, or a lack of meaning or purpose), meeting physical needs alone is not enough to sustain life.

During the COVID-19 pandemic, it became evident that Maslow's theory may work more effectively as a circle rather than a hierarchy. Even people whose physical needs were met during the pandemic still experienced significant suffering due to a lack of closeness and connection to others. Our consultant, Martin Seager, along with a colleague (Taylor & Seager, 2021), recently published a paper describing this circular version of Maslow's theory. You can access the paper at the following



link:<https://www.pjp.psychreg.org/wp-content/uploads/2021/06/15-lynn-taylor-116-127.pdf>



He's the Man.

"If you give a starving man a fish, he will not go hungry that day. But if you teach that man how to fish, he will never starve again."

This is what we do! We provide individuals with the tools they need for their mental health, including mindfulness, coaching, and other holistic therapies such as breath work, meditation, sound therapy, and yoga. We focus on helping individuals regulate themselves and supporting them along their journey. Our methods have shown to be highly effective with amazing results, but they require individual effort. I often explain to those interested in our charity that achieving mental well-being is similar to achieving a physical goal like obtaining a six-pack. If you only go to the gym once a week, you won't get the desired results. However, if you put in 100% effort and train five days a week, you will quickly see the results you desire. The same principle applies to our mental health.

Our approach is nurturing, especially when working with men. Many of our male clients lack a strong support network or someone to talk to, and we often find ourselves dealing with individuals who are like broken little boys in adult bodies. Therefore, we take them by the hand and nurture them, teaching them a new way of thinking without doing the work for them or enabling them.

"Learn to let go of poor thinking. Understanding the mind and how our thoughts can have power over us".

We often refer to our beliefs as "my personal beliefs," but we don't realise that they are shaped by the beliefs and opinions of our parents, teachers, grandparents, and peers. We absorb their thoughts and thinking, then label it "my personal belief." However, we should ask ourselves: which of these thoughts and beliefs actually serve us? We have a thought, which in turn creates the feeling. Mental health is all connected, after all. Understanding our thoughts and beliefs is the key to better mental health.



Look at it this way. Imagine this scenario: If you went to the cinema and watched a scary movie, you would feel scared. Your heart rate would rise, you would become jumpy, and you may even start to sweat. After the movie, you might continue to feel jumpy and imagine someone following you, out to harm you. Your body would be in fear, flight or fight mode. What if you watched a scary movie every day?"



If you visited the same cinema and watched a comedy, you would feel joy, smile, and laugh. It would make you feel happy and euphoric. The same applies to the thoughts in our minds. We overthink, focusing on a future that is not real, creating images in our minds; eventually, that's all we can focus on. This leads to stress, anxiety, and bodily tension. Our coaching and mindfulness techniques will help you develop a healthy mental and physical well-being by teaching you to be mindful.

What is mindfulness, and how does it work?

Mindfulness is all about being present in the moment, focusing on what is happening here and now. It involves being fully engaged and aware. Think of it as the Dartford tunnel - it's like the pathway our brain has built over time for negative thoughts. These thoughts can affect our feelings almost instantaneously, without us even realizing it. Why? Because they have created their own fast link tunnel. Mindfulness works by blocking that tunnel, causing the

negative thoughts to lose their power as they have to take the longer route. This creates space for positive thoughts, fostering a positive mental attitude.

Why is the suicide rate in men so high?

Men face different issues than women. Boys and girls are raised differently from the very start. When a boy falls and gets hurt, he is told to "Get up, pull yourself together, dry your eyes and go back to play." If a girl gets hurt, she is hugged, kissed, comforted, and told everything will be okay. Over the years, men have felt excluded by society and are unsure about their place in society. The phrase "Man up" is equivalent to "Man down." Men are discouraged from talking about their emotions and are encouraged to only discuss their problems. As a society, we have undervalued men. If we've never shown boys how to be sensitive or nurtured them, how are they expected to start now, just because they are adults? How can they be well-rounded fathers, partners, and husbands if they never experienced it as children? Absent fathers, boarding schools, the army, and foster care can all contribute to this. The boy grows into a man, but the man will always remember the boy. **84% of men** in prison suffered at least one adverse childhood experience.



- Men are generally sentenced longer and committed than women who have committed the same crime.
- They also **lose their rights to the same child access as female prisoners.**
- Females are favored as the main care over their children than men, and they are more inclined to lose **access to their own children.**
- **46% of men** suffered more than 3 ACES.

- **24% of men** have post-traumatic stress disorder.
- Men make up **30-40% of victims of domestic abuse** and coercive control in the UK by a female, yet men are also less unlikely to report this to the police.
 - **75% of men** compared to 25% of women chose to take their own life a year.
- Men are favored to be seen doing more physical work than women, yet we have lost that value.
- Male absence has played a big part in men; not **having a father figure** when growing up dramatically impacts a person's life. Evidence has shown that they are more inclined to be involved in gangs, in our care system, experimenting with drugs and Alcohol, and involved in petty crimes leading to custodial sentences.

Mental health and emotional health are high due to **not having** that support system.

- To be Loved
- To be Nurtured
- To have a sense of belonging
- To be valued.
- To be heard
- To be cared for
- To be human



What do we offer?

- Hypnosis
- Weekly Holistic therapy
- Mindfulness
- Mindfulness when dealing with pain
- Group meetings
- Online forum
- **Breathe work**
- Sound therapy
- 1-2-1 Life Coaching.
- Meditation
- Yoga Stretch movement for pain.
- Wellness in the workplace with HIS at Work.
- CKT Chirokinetic Therapy.
- Personal Development Retreats



We regret to inform you that our services are not free. As an independent charity, we depend on your weekly donations to support your care plan. Your contributions allow us to operate independently from the NHS and provide care in our unique way.

Training:

Men's mental health

Understanding men's mental health: This course is a video featuring our consultant, Martin Seager. He provides an interesting perspective on male suicides and addresses the current state of men's mental health, tracing it back to its decline and examining its present condition." The fee per download £175

Suicide prevention courses

Following our course on male mental health, Martin Seager provides insight into suicide prevention and how it can be achieved. The fee per download £175

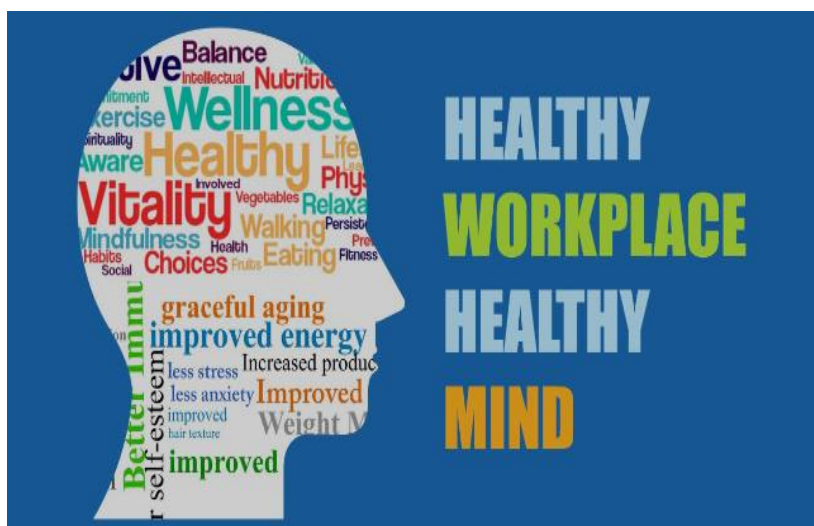
Thriving at-work mental health and well-being training packages with HIS @ Work

We prioritize prevention and offer customized workplace well-being packages to meet the needs of each company. Many employees suffer in silence, and it's astonishing how many struggle with the fear of being 'discovered' to have mental health issues. Our packages are tailored to your company's specific needs.



Wellness in the workplace

Our charity, HiS, aims to create a sustainable and self-developing working environment while eliminating the stigma surrounding mental health through education and training in the workplace.



It's important to recognize that many individuals with mental health conditions also have other long-term health issues. 71% of long-term mental health conditions coexist with other long-term health problems. One in four people with a long-term mental health condition also have four or more other long-term health conditions, such as musculoskeletal conditions, heart problems, or chest and breathing issues. Research shows that individuals with long-term physical health conditions are two to three times

more likely to experience poor mental health compared to the general population. While this review focuses on mental health in the workplace, we should also consider how employers can support employees with physical illnesses and disabilities, and improve our understanding of how to help people with multiple health conditions thrive in their work. For employers, there are several ways in which poor mental health can display itself. These are:

- **Sickness absence:** "Mental health is one of the UK's leading causes of sickness absence. Even though the overall rate of sickness absence has decreased by 15% to 20% since 2009, absence due to mental health reasons has increased by approximately 5%. People with mental health conditions are also three times more likely to experience a long-term period of sickness.
- **Presenteeism:** Presenteeism is defined as the act of showing up to work when one is ill, which can lead to a loss of productivity and sometimes worsen an individual's condition. While the percentage of sick days has decreased by around 25% over the past decade, various studies suggest that presenteeism is increasing every year.

Across all businesses, few managers, directors, and senior officials disclose having a long-term mental health condition. Employees often believe that having a mental health condition could hinder their career advancement. In fact, 35% of people think they would be less likely to get promoted if they had depression. This perception leads to a loss of diversity and skills within organizations.

- **Impact on the wider workforce:** If problems are left unmanaged, people's mental health issues can have a knock-on effect on other members of teams/organisations. For example, if someone isn't



supported with the proper adjustments to stay at work, they may need to take time off, meaning other team members will have an increased workload. There are also turnover costs from recruiting and training new employees when someone is off sick from work or leaves the organisation.

- **Impact on employee turnover:** Employees may leave their employer if they feel unable to continue at that organisation due to poor mental health or the effect of work on mental well-being. The employer will have to find a new employee and make them fully effective. Together, this accounts for a significant loss of productivity and human and economic costs.

Since 2003, the Centre for Mental Health has produced various analyses of the economic and social costs of mental health problems. Deloitte has created a new study that not only considers the costs to employers of presenteeism, absenteeism and staff turnover due to mental health problems but has also been broken down by industry for the first time. Poor mental health costs employers between £33 billion and £42 billion annually, with the average cost per employee estimated to be between £1,119 – £1,481.


Many employers know they are missing out on opportunities to intervene when employees are identified as struggling. However, the dogmatic stigma of disclosing a mental health condition is still a significant barrier to employees seeking support. Only 11% of employees discussed a recent mental health problem with their line manager, and half of the employees canvassed said they would not discuss mental health with their line manager. We have also found that companies or services with in-house mental health well-being programs are ineffective in many organisations.

As a charity, we have dealt with individuals ranging from former service members to professionals in large companies. The majority of employees express that they are afraid to use the company's wellness package or counseling out of fear of being fired or having their promotions limited. For this reason, HiS has developed a well-being package for companies to utilize, as we believe that prevention is key.

This not only benefits employees but also benefits the companies themselves. After all, promoting well-being and mental health is our primary focus. Companies are also aware that by supporting the charity, they are contributing to vital work rather than spending that money with a limited company. In the same way that we do with our individual clients, we design a customized package based on the company's needs using the methods and values that have shown positive results.

Furthermore, drawing from our extensive knowledge of men's mental health, we offer guidance and advice on effective and ineffective strategies. Our aim is for the individuals within the company to thrive, not just survive.

As this is a custom service, each package will be priced according to your company's specific needs. All proceeds go directly to the charity.

A white silhouette of a tree with a thick trunk, a full canopy of leaves at the top, and a system of roots at the bottom. The trunk of the tree is the central vertical element of the text.

**SURVIVING OR
THRIVING?**



A message from our CEO & Founder

"I wanted the charity not only to bridge the gap in the health service but to be on a level for every man and young person to relate to. People who can relate to a charity are more inclined to use it—real people, for real people in every sense. I'm a big believer that mental health is not one size fits all; men and young men are so very different to women and can become overlooked. Society doesn't see men in the same light as they do women. They are shunned and told to 'man up". If there was ever such a detrimental phase, it's man-up. This results in 'man down' simple as that. You throw into the mix of male toxicity, job loss, and split from partner/family, and you have high suicide rates. Boys are brought up to be tough and are told, 'Boys, don't cry. Pull yourself together This is so damaging!"

Jules Morris, CEO

Message from Martin Seager, our consultant.

"I got involved with HiS because I could see it's values and holistic approach were effective particularly in filling the gap in service provision for troubled males whose problems and ways of expressing their distress were not being met in mainstream mental health services. Men were being asked to fit in with treatment models that did not reflect their way of living and suffering. It has been exciting to work with HIS to develop and refine the approach further to stand alongside and meet the human needs of the people it serves rather than becoming yet another provider of short term "treatment". After all, there is only one real mental condition and that is the human condition".

Martin Seager, Consultant Clinical Psychologist & Adult Psychotherapist

Testimonials

"Thank you. I can't begin to explain how much hope you and your charity have given me. For the first time in my life, I can see the light at the end of the tunnel."

"I wanted to thank you for all the support given to my son. You have supported him in so many ways and me during this most challenging time. Watching your son struggle with mental health issues, anxiety, drug addiction, the challenges associated with institutions that are not prepared to accept or acknowledge his needs, and not knowing what to do has been the hardest experience of my life. At times I have felt so helpless. I can only describe the support you have provided us both as life support. I'm not sure I would have had the mental or physical strength to get through this without you and the charity. I can't thank you enough."

"My mental health has never been in a better place as to what It is now since working with HIS."

Contact Us

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www.hischarity.org.uk

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