



What is Mojo?

Mojo is an interagency programme (managed in Kildare by Teach Dara Community & Family Centre and funded by the National Office for Suicide Prevention) developed to provide a coordinated response to men who are in 'distress'¹ because of the recession and unemployment.

Who is it for?

Mojo is aimed at men who are

- * Unemployed
- * In distress
- * Living in Co. Kildare
- * 18 years or older
- * Motivated to change

Mojo Kildare deliver 2 programmes

1. Mini Mojo

A 4 week programme that takes place weekly for 2 hours. Participants are introduced to the 4 elements of Mojo – wellbeing and resilience, life planning, physical fitness and creating a supportive male space. This programme gives participants an opportunity to explore what the Mojo programme is for them and develop their own knowledge and understanding.

2. Mojo Programme

A 12 week programme, 2 days per week consisting of 4 main elements

- Wellness and Resilience - supports men who have been experiencing adversity to gain an understanding of mental health recovery and wellness so that they can build their resilience and respond positively to stress and stressful situations. Over the duration of the course, participants learn to recognise the signs of stress and distress and, in turn, are supported to identify and choose more positive responses.
- Life Planning – enabling men to set goals and take action – men are supported to identify and achieve their personal goals and become to access the supports and services available to them.
- Physical Fitness - this element of the programme, provides a taster programme of physical activities that can be done as an individual or as part of a group or programme. This recognises the strong correlation between good physical and mental health.
- A male space that supports networking - male space is created to facilitate men to be who 'they are' rather than who 'they think' they should be. With the support of other men, in a group setting,

¹ It is our understanding that men with increased distress are potentially at higher risk to suicide.

the men construct a new understanding of what it means to be a man that supports a sense of wellbeing.

The men will:

- Engage with a group process that is supportive and responsive to their needs.
- Experience improved self-esteem and self-worth.
- Access information on available services and supports.
- Be empowered to access relevant services and supports.
- Be supported to develop a personal action plan (a Mojo Plan) to progress onto other opportunities.
- Increased their ability to manage their own mental health, physical health and self-care.

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