



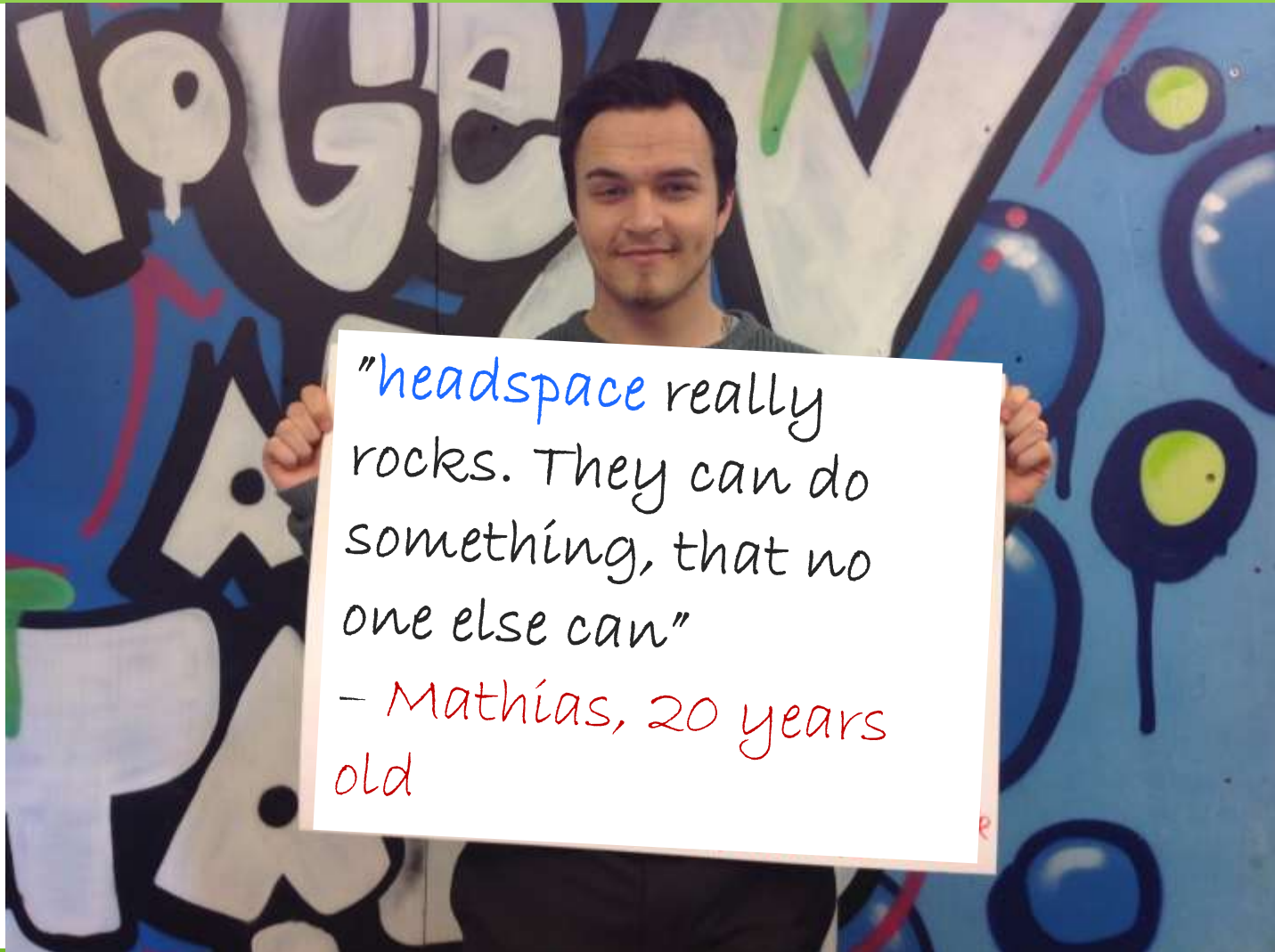
headspace

- nogen at tale med



Det Sociale Netværk

Together Against Stigma
Conference 2017
Trine Hammershøj,
managing director



"headspace really
rocks. They can do
something, that no
one else can"
- Mathias, 20 years
old

- According to The Danish Mental Health Fund, every second family in Denmark is closely affected by mental illness. Around one in five Danes will at one time or another experience mental illness.
- Today, we speak openly about all sorts of illnesses. But mental illness is often marked by taboos and stigma.
- We need to speak more openly about mental vulnerabilities and we need to focus more on inclusion.

This man has been involved in a lot....



- ❏ The purpose of The Social Network is to remove taboos and prejudices about mental illnesses and thus create the basis for a deeper understanding of a new, better and more coherent approach to people who are mentally vulnerable.
- ❏ The organization: The Social Network was founded by Poul Nyrup Rasmussen, former Danish Prime Minister (Socialdemokratiet) in 2009, and we began the journey by inviting 1,000 persons with mental illness and their relatives to Summit 2009.
- ❏ Today Mr. Rasmussen is our protector, while Benedikte Kiær, mayor of Helsingør and former Minister of Social Affairs (De Konservative) is head of our board.





2/3 of all mental health problems in Denmark starts in youth.

Vision

No young person should fight problems alone. All young people should have easy access to early help and support when they experience social and personal challenges in their lives.

- Established in September 2013 by former Danish Prime Minister Poul Nyrup Rasmussen
- Builds upon some of the successes of headspace Australia (i.e. one stop service, involvement of the target group in all solutions)
- Transformed to fit into the Danish welfare system
- Based in voluntary sector – build on co-creation
- Based on private funding with municipalities covering parts of the costs. From 2017 cofunding from The Danish State (about 1 million Euro pr. year 2017 - 2020)

- Someone to talk to: Anonymous, accessible, free
- For everyone between 12-25 yrs. who need someone to talk to
- Based on voluntary work – and voluntary access to help
- Early intervention and prevention
- One-stop-shop
- No problems are too big or too small – no one gets rejected
- No preset agenda - young person's in charge
- Bridging and collaboration – Whole Life Whole Systems



1. Sadness, worrying, uncertainty, depression
2. Conflicts with family and / or friends
3. Education / work
4. Anxiety
5. Housing
6. Loneliness
7. Relatives of a person with mental / physical illness or abuse
8. Sex and boyfriend problems
9. Psychiatric diagnosis
10. Suicidal thoughts
11. Stress
12. Eating Disorders

- headspace is based on formal partnerships and co-creation on a day-to-day level:
- Based in voluntary sector organization
 - Municipalities (Social services) cover parts of the costs
 - Social worker (payed by municipalities) work part time in headspace
 - Mental health specialist (payed by Regions) work part time in headspace (four cities so far in one of the Regions)
 - Outreach-stations in a range of educational settings
 - Network and collaboration with any local partner, relevant to adolescent life and wellbeing i.e. local business partners and sport clubs

- ☞ No volunteers – no headspace!
- ☞ Few payed counsellors – many volunteers. Some with peer-expertise.
- ☞ More than 400 volunteers nationwide – different backgrounds, different age groups, different persons
- ☞ Training: Introduction weekend followed by a ‘trainee’ period.
- ☞ Supervision: Peer sparring partners, debriefing with payed staff and external supervision.
- ☞ 3 types of volunteers:
 - ☞ **Students:** Social work, psychology, nursing etc.
 - ☞ **Young, educated volunteers:** Between og beside payed work
 - ☞ **Senior-volunteers:** Retired or experienced workers with relevant work- and/or life experience.

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- somebody to talk to →

WHAT?
An organization providing
ADVICE AND SUPPORT
FOR YOUNG PEOPLE
no matter what problems they face



AN INVESTMENT
of **2.3 MILLION DKK**
for the running of one
headspace centre for one year

yields a
SOCIO-ECONOMIC
RETURN OF **13.9 MILLION DKK**
in year 5!

Who
have
approach
450
VOLUNTEERS
at headspace
working an average of
12 hours a month.



Right now we have



16

headspace
centres

From September 2010
to December 2016,
we had contact with
headspace users from



84
municipalities

EVERY
1
DKK INVESTED

in headspace
(Social Cost Benefit Ratio)



YIELDS A RETURN OF
7
DKK

in year 5! equalling an annual
Social Return On Investment (SROI) of 40%.

The total annual
socio-economic value
of headspace is

221.6 MILLION DKK

over a
5-year period



78%
of users receiving support
from headspace say it has been
VERY HELPFUL
or
EXTREMELY HELPFUL



LONELINESS

25% of survey respondents stated loneliness as
a contributory reason for contacting headspace

EFFECT
50%

say the support they received from headspace was

VERY HELPFUL or
EXTREMELY HELPFUL,
whereas only 10 % say the support was
not very helpful or not helpful at all

HELPING A YOUNG PERSON
out of loneliness is valued at

6,920 DKK



WORK AND EDUCATION

25% of survey respondents stated
work or education as a contributory reason
for contacting headspace

EFFECT
70%

say the support they received from headspace was

VERY HELPFUL or
EXTREMELY HELPFUL

HELPING A YOUNG PERSON
back into education or work is valued at

35,065 DKK



PSYCHIATRIC DIAGNOSIS

16 % of survey respondents had
a psychiatric diagnosis
when contacting headspace

EFFECT
50%

say the support they received from headspace was

VERY HELPFUL or
EXTREMELY HELPFUL

HELPING A YOUNG PERSON
with anxiety or depression is valued at

102,703 DKK

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