



TUFMINDS creators, Drs John & Elizabeth McIntosh answer your most common questions about the TUFMINDS Program.

Q: What is the TUFMINDS?

A: TUFMINDS' mission is "To improve the health and wellbeing of the whole community!". It aims to cultivate powerful positive mindsets, educates around overall health and wellbeing, and encourages support amongst peers.

The TUFMINDS program is a unique process that provides active improvements in mental wellbeing with research providing the following improvements:

- Mental resilience – 16%
- Optimism – 15%
- Depression – 34%
- Anxiety – 27%
- Stress – 16%
- Perception of stress at work and home – 15%
- Suicide knowledge – 45%
- Willingness, skill and confidence to help a suicidal person – 33%

The research evidence shows dramatic mental health improvements between 15-34% of mental resilience, coping, depression, anxiety and stress without professional input. This dramatic community improvement is easily spread across communities to improve outcomes with the Free TUFMINDS App that was launched in November 2018 and is already in over 30 countries.

There were at least 4 lives saved in the first month of release (Nov 18) and we have now completed 5 trials in total involving about 300 people, all with excellent results (15-30% improvements in all parameters incl DASS21). It is therefore having significant impact, saving lives and being a real-life useful process by having people keep on coming back and using the strategies.

The TUFMINDS program promotes Positive Mindfulness Cognition processes through our training programs and consulting activities.

Q: What is the FREE TUFMINDS App and how does it work?

A: The Free TUFMINDS App was launched in November 2018 and is already in excess of 30 countries. There were at least 4 lives saved in the first month of release (Nov 18) and we have now completed 5 trials in total involving about 300 people, all with excellent results (15-30% improvements in all parameters incl DASS21). It is therefore having significant impact, saving lives and being a real-life useful process by having people keep on coming back and using the strategies.

The FREE comprehensive TUFMINDS App is a great tool that provides vital suicide intervention information so that people know what signs to look for, the questions to ask and the steps to take to help save a life. The TUFMINDS App also includes:-

- Suicide Intervention and Positive Mindfulness Cognition Video Modules presented by Drs John and Elizabeth McIntosh



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- Guided Mindfulness Audios by Drs John & Eli McIntosh including Stress, Anxiety, Depression, Relaxation and others.
 - Information Channels for overall better health and wellbeing
 - TUFMINDS Champions Program
 - Events (past and upcoming)
 - Our Ambassadors
 - Sponsors
 - ...much more still to come!

Q: How is the TUFMINDS Program different to other Mental Health and Suicide Awareness Programs?

A: The unique feature of the TUFMINDS Program is that it is the only App based program available in the community that actually addresses mental illnesses like depression, anxiety and stress and actively manages individuals in acute emotional distress. The processes measurably change mood scores (DASS-21) without medications and without professional costs, so it is a major game changer.

The “Suicide Crisis Module” provides immediate counselling from Dr John McIntosh to specifically prevent action from being taken. This is essential because the research shows that many suicides are impulsive with 75% of people taking action within one hour of first thinking about it. Having the support on the phone, in your hand is therefore critical to saving lives and being there when help is needed. The confidentiality and privacy of the App is especially important for people who don’t want to talk to other people.

While this is important in all areas, it is even more critical in rural and regional areas where access to doctors and psychologists is even more delayed.

Teaching people the skills of positive mindfulness and being able to recognise their negative thoughts and change them into positive alternatives will push them up the mood scale to flourishing and thriving. This skill is proven to create resilience and coping and will stand them in better stead when facing life challenges and difficulties.

This program has been compared to having the ambulance at the top of the cliff to catch people before they fall, instead of the current model where the pieces are being picked up at the bottom of the cliff!

Q: How can TUFMINDS make a difference?

A: The overall goal is to have the TUFMINDS App and understanding of it to be in the hands of every second person so that any person with suicidal thoughts either knows about it themselves or the person next to them knows about it, so help is always immediate available.

TUFMINDS aims to ensure that everyone can recognise suicide risks, ask the right questions, take the right actions, improve mental resilience, reduce stigma and increase their understanding of the different mental illnesses. It offers immediate, non-invasive and private access to strategies that are responsive to people experiencing mental health issues, including thoughts of suicide, as well as providing early intervention and prevention strategies based around lifestyle optimisation in order to nurture long term positive mental and physical health and wellbeing.