

---

# New Online Training Programme to Test Young Men's Mental Fitness Launched

---

[Inspire Ireland](#) has launched 'WorkOut' - an online tool which has been designed to improve the mental fitness of young men in Ireland. The application, which was developed by Inspire in collaboration with the [Men's Health Forum in Ireland](#) and the [HSE National Office for Suicide Prevention](#), gives users a series of 'missions' to undertake over a period of time which will help to improve their mental fitness.

The new website ([www.workoutapp.ie](http://www.workoutapp.ie)) has been designed so that men can access it in their own time, and engage with it on their own terms; choosing as many or as few interactions as they want. The application allows the user to undertake and track a series of activities which provide an indication of their mental wellness. The actions are based upon the principles of cognitive behavioural therapy, and are centred upon four core areas: confidence, practicality, control, and being a team player.

Commenting on the launch, Elaine Geraghty, CEO of Inspire Ireland, said that the availability of online resources has become increasingly important, as more young men and women go online initially when they need support or information on mental wellness:

*"We are delighted to be able to launch WorkOut and to provide this much needed resource for young men. Through our ongoing engagement with young people, we are aware that the Internet is the first point of contact when they need either support or more information about mental wellness. Inspire is working to provide this via online technology and engagement, and the launch of WorkOut is a key part of our programme. WorkOut aims to promote mental health literacy with this specific age group, and it challenges the stereotypical attitudes to mental health."*

Inspire Ireland is encouraging health professionals to check out WorkOut as something that they may wish to refer people to as an additional form of support.

Susan Kenny, Training and Information Officer with the HSE's National Office of Suicide Prevention, commented:

*"The HSE's National Office for Suicide Prevention (NOSP) is delighted to provide funding to Inspire Ireland for their work, and to be involved in this innovative project. The development and use of online and interactive tools such as [workoutapp.ie](http://workoutapp.ie) is an important investment by the NOSP. 'Reach Out', the national suicide prevention strategy for Ireland, recommends the development of services and initiatives to assist young men, and this tool, which promotes mental fitness, is a welcome addition to the supports and services available. The partnership approach of the Men's Health Forum in Ireland, the HSE National Office for Suicide Prevention and Inspire Ireland - which has led to the development of the application - is a good demonstration of organisations working together to promote mental health."*

The WorkOut mental fitness application is modelled on an application originally developed by the Inspire Foundation Australia. Inspire Ireland's flagship service is [www.reachout.com](http://www.reachout.com), an online mental health service to help young people to get through tough times.

Email: [info@inspireireland.ie](mailto:info@inspireireland.ie) or [press@hse.ie](mailto:press@hse.ie)