



**Mental Health Motorbike is a national charity**

**Registered charity number 1196406**

**CHEDDAR VALLEY ADVANCED MOTORCYCLISTS (CVAM) SUPPORTS MENTAL HEALTH MOTORBIKE (MHM)**

***What is Mental Health Motorbike (MHM)?***

Mental Health Motorbike (MHM) exists to create meaningful opportunities so that together we grow the wellbeing of the motorbike community. MHM's ultimate aim is to reduce the suicide rates amongst bikers in the UK.

***Why Mental Health Motorbike has been setup...***

We are living in exceptional times; our ability to get out and socialise has been seriously restricted for nearly two years. Biking brings a huge amount of mental health benefits and when this is taken away the community's health starts to struggle. Mental Health Motorbike (MHM) has been established to offer support, opportunities and events which prevent social isolation during this time. MHM are currently supporting 1000's of bikers from across the UK. MHM services are free and the network that has been developed is safe and very inclusive.

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Having the network in place will save lives by providing vital support to those in crisis.

***How does MHM offer effective support?***

MHM has developed a culture of trust from its members by not promising too much but also being there when they need support. Over time they have worked out their needs to be three levels of interaction (1) reactive - for those in crisis (2) a reactive/proactive mix (3) proactive for those who are starting to find themselves in a better place but need to develop longer term coping strategies so they don't slip backwards.

### ***Your CVAM support***

MHM draws on their national network of trained mental health first aiders who sign up as volunteers to give online support to members in need. CVAM have invested in specialist training for our own MHM First Aider (Coron Wybrow) who acts as your first point of contact, and everything is managed in complete confidence. If you need help, or just want to chat about a concern impacting your mental health then please contact Coron [here](#) and you can be assured of a caring and supportive response. Alternatively, you can access MHM and their resources through their online services at [www.mhmotorbike.com](http://www.mhmotorbike.com)

Last update : 29/1/23