Title: Men’s Barber shop as an intervention to promote Pacific men’s mental well-being in Otara

AIM: Student objective
1. Literature review on Barbershops as a health intervention with a particular focus on potential to promote Pacific Men’s Mental Health and well-being and suicide prevention.
2. Develop an evaluation framework and plan for the Otara Men’s well-being Barbershop intervention.

Skills that will be taught to the student:
1. Literature review and academic writing
2. Introduction to developing a community based evaluation plan in partnership with practitioners and clients.

Using the setting of a barbershop to promote men's mental health and suicide prevention as an intervention is being developed in the USA and Britain (Roper 2016). Examples of existing barbershop programs include The Lions Barber Collective and The Confess Project. The Lions Barber Collective addresses suicide prevention and awareness, by promoting dialogue and sharing of emotions then directing clients to associated mental health organisations if professional help is appropriate. The barbers at Lions Barber Collective undergo training in suicide prevention, mental health promotion and knowledge on mental health issues.

The Well-being Hub at South Seas Healthcare in Otara is establishing a men’s Barbershop adjacent to the Primary Care Clinic. The rationale for this is to provide a non-threatening, trusted place of regular connection for Pacific men with the aim of promoting mental well-being and increasing access to mental health care if needed. The Barbers will be trained in mental health promotion and suicide prevention, and will be part of the Primary Care Mental Health team in Otara.

The Summer student's role will be to carry out a literature review and develop an evaluation framework in conjunction with Supervisor, Practitioners and Clients. The student will join the team at the Well-being Hub which along with General Practitioners, Nurses and Mental Health Coaches includes a Bubblegum (Lets stick together) Youth Well-being group.

