

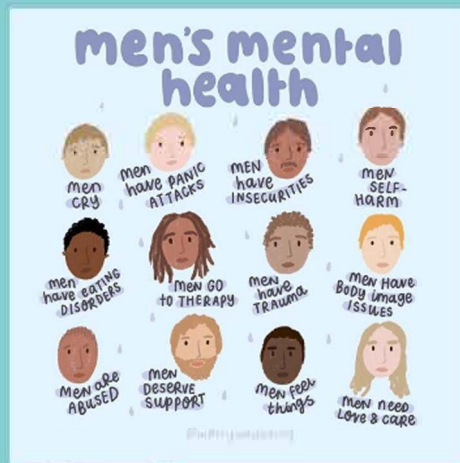
Well Man: Mental Health

This toolkit provides an understanding of the specific challenges men face to their mental health and how we can better support each other

Top Tips from Haley White

Suicide is the leading cause of death for men under 50. It doesn't have to be this way. Start talking to one another about your mental health. Just one conversation could save a life. The more you do it, the easier it will become.

Being macho isn't brave, talking about how you're feeling is!



Spotting the Signs of Mental Health Issues in Men

If you're concerned you or someone else might be suffering from mental health issues, consider these common signs and symptoms:

- Persistent sense of worry
- Overwhelming feelings of sadness
- Withdrawal from friends and family
- Difficulty concentrating
- Feeling tired or fatigued
- Physical symptoms like shortness of breath or headache

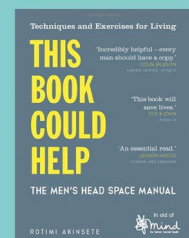
While many of these symptoms are universal, these signs are more common in men:

- Substance abuse
- Anger and irritability
- Working obsessively
- Sleep problems
- Reckless behaviour

Click to Discover More

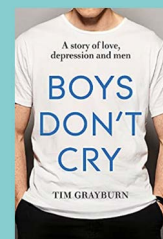
'THIS BOOK COULD HELP'

Developed in partnership with Mind and full of expert advice: This Book Could Help: The Men's Head Space Manual – Techniques and Exercises for Living (Wellbeing Guides)



'BOYS DON'T CRY'

A great read on love, depression and men: Boys Don't Cry: Why I hid my depression and why men need to talk about their mental health



MAN MANUALS

From the Men's Mental Health Forum, check out these award winning manuals for Men:



Well Man: Mental Health



10 Ways to Boost Your Mental Health (Mental Health at Work)



Talk about your feelings



Keep Active



Eat well



Drink Sensibly



Keep in Touch



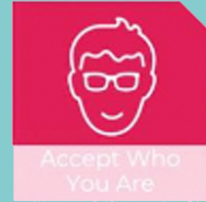
Ask for Help



Take a Break



Do Something
Your Good At



Accept Who
You Are



Care for Others

Set Up Your Own Men's Walk and Talk Group

- Pick a meeting time and place
- Choose your route
- Tell your friends and advertise it on your social media
- Use ALEC (Movember technique)

Useful Contacts and Links

Samaritans – 116 123 (Free)

CALM – 0800 585858

Papyrus Hope line – 0800 068 4141

SHOUT Text Line – 85258

Men's Health Forum - www.menshealthforum.org.uk

Man Up - <https://www.manup.how>

Ask someone if they're doing ok

Listen without judgement

Encourage them to take action
– such as seeing a health care professional

Check in – follow up with them