# Join an upcoming session

- Mental Health & Wellbeing Overview
  - Thu, 25 February
    1pm – 2pm

- Taking Control of Your Mental Health
  - Thu, 29 April
    1pm – 2pm

# Men’s Health & Wellbeing

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# Welcome!

# Your trainer is …



## A safe space

- Respect for each other
- Confidentiality of what we hear from others during the training
- No recording - audio or visual
- Only sharing what we have permission to share
- Take time out if you need to: keep yourself safe
- We are not clinical staff - nothing here replaces information from a GP or medical professional

## Session etiquette

- Phones and notifications silenced or off where possible
- Giving our full attention to the training
- Please come with an open mind

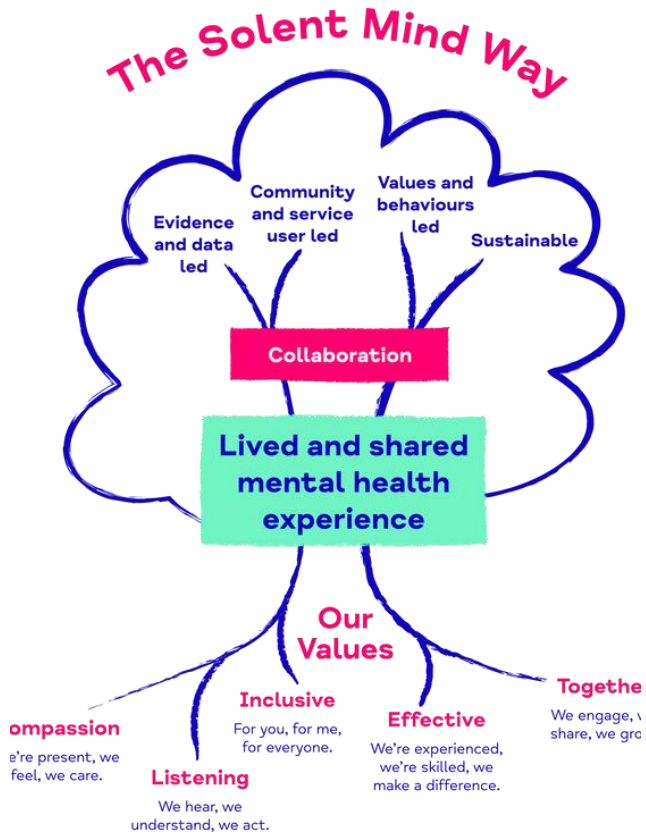
## Online session etiquette

- Tech: computer with working camera and microphone
- Cameras on if you can please!
- Please dial in from an appropriate location

mind Solent

# We are Solent Mind

We’re here to make sure that anyone with a mental health problem has somewhere to turn to for advice and support.






# Support for you

## NHS Talking Therapies

NHS services designed to offer short-term psychological therapies.

You can refer yourself without seeing your GP, simply visit the link below to find details of your local service.

Find details of your local service online

## Little lifts

Free mental health resources by Solent Mind; designed to help boost wellbeing







Little Lifts – free mental health resources by Solent Mind's Workplace Wellbeing Training team

NHS 111 – call 111 and select the ‘mental health’ option for crisis support

# Aims of this session

- Give time to reflect on barriers that impact men's mental and physical health
- Explore assumptions
- Look at new ideas
- Share our experiences
- Share what works for us
- Come together as a community (supporting each other)
- Plan a first step(s) to improve

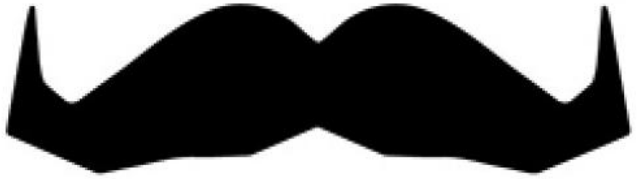
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# How are you doing today out of 5?

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# How many do you recognise?



MOVEMBER®








**A man goes to the doctor complaining of seeing spots.**

**The doctor's receptionist asks, "Have you ever seen a doctor?"**

**He says, "No. Just the spots."**



…men often delay primary care access, with 75% of men putting off a visit to a GP, even when they show signs of illness.

***Men's Health Report, Barnet, 2023***

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# An important note

"…it's important not to treat men as a monolithic group because we will have different experiences of the world based on – among other things - our ethnicity, national origin, sexuality and class."

**Mental Health Foundation**

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# Looking after both our physical and mental health

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# Stats that make you think...

- 41% of men only go to the doctor if it is a real necessity.
- 1/5 say they don't go because they don't want to know about any potential health problems.

***Numan, 2023***

- Men are 33% less likely than women to visit the doctor

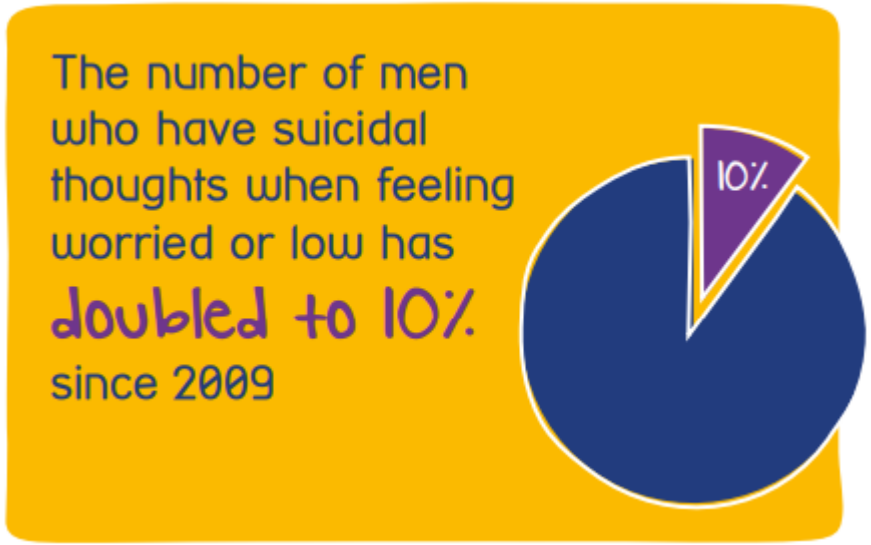
***CDC, 2025***

- Men are less likely to access psychological therapies than women: only 36% of referrals to NHS talking therapies are for men

***Mental Health Foundation, 2021 (remains most up to date figure for 2025)***

- Suicide is three times more common among men than women, and the gap between sexes has increased over time

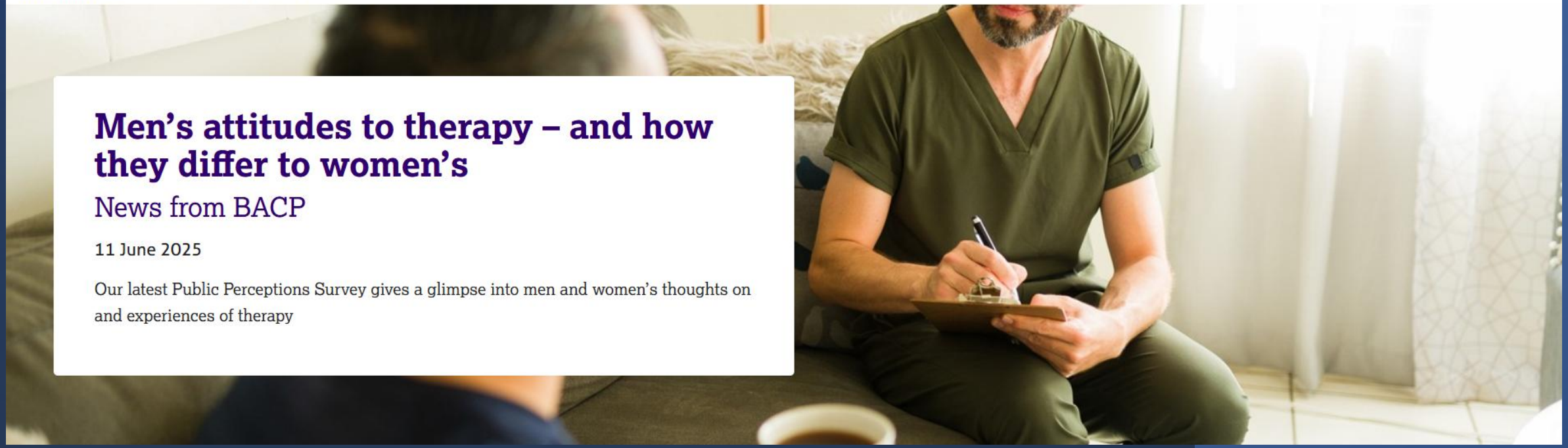
***ONS / House of Commons, Suicide Statistics, 2026***




*Mind*

https://www.bacp.co.uk/news/news-from-bacp/2025/9-june-men-s-attitudes-to-therapy-and-how-they-differ-to-women-s/





# Men's attitudes to therapy – and how they differ to women's

## News from BACP

11 June 2025

Our latest Public Perceptions Survey gives a glimpse into men and women's thoughts on and experiences of therapy

BABCP British Association for Behavioural and Cognitive Psychotherapies

Sign In | Join the BABCP | Looking for help?

About BABCP | Membership | Accreditation & Registration | News & Resources | CPD Events & Conferences | Careers & jobs | What is CBT?

# More than half of men are unaware of one of the UK's most widely recommended mental health treatments



- 54% of men either know very little about CBT or do not know what it is at all.
- One in five men (20%) said they had never even heard of the widely-used psychotherapy.
- By contrast, two-thirds of women (66%) said they knew at least a bit about CBT and only 8% had never heard of it.

“While all this can paint a gloomy picture, help and support are available if you’re worried about your own or someone else’s mental health.”

Mental Health Foundation





# Why is this?

# What can we do about it?

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# Awareness & Knowledge
# Gender stereotypes
# Health system
# Stigma and Fears

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What phrases can you think of which support a stereotype of men having to be a certain way?



**“Man up”**

**“Boys don’t cry”**

**“You ___ like a girl!”**

**“Don’t be a girl about it”**

**“Real men…”**

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I still remember the first time I heard those sharp words. I'm 24 now but these words still manage to make me feel uneasy: "man-up", "grow some balls" and "stop acting like a girl".

All phrases thrown at me from ever since I could remember. The message was: you're a boy, so get on with it.

Expressing emotions as a boy or a man – especially those considered as being more "feminine" – hold such negative connotations in our society. Men have historically been held to a certain standard, shaming us into hiding any type of emotionality that could be seen as a weakness.

This impacts severely on our mental health. Add onto this the pressures on gay and bisexual men to conform to straight expectations of masculinity, and the pressure grows even more.

ARBËR GASHI, A JUST LIKE US AMBASSADOR



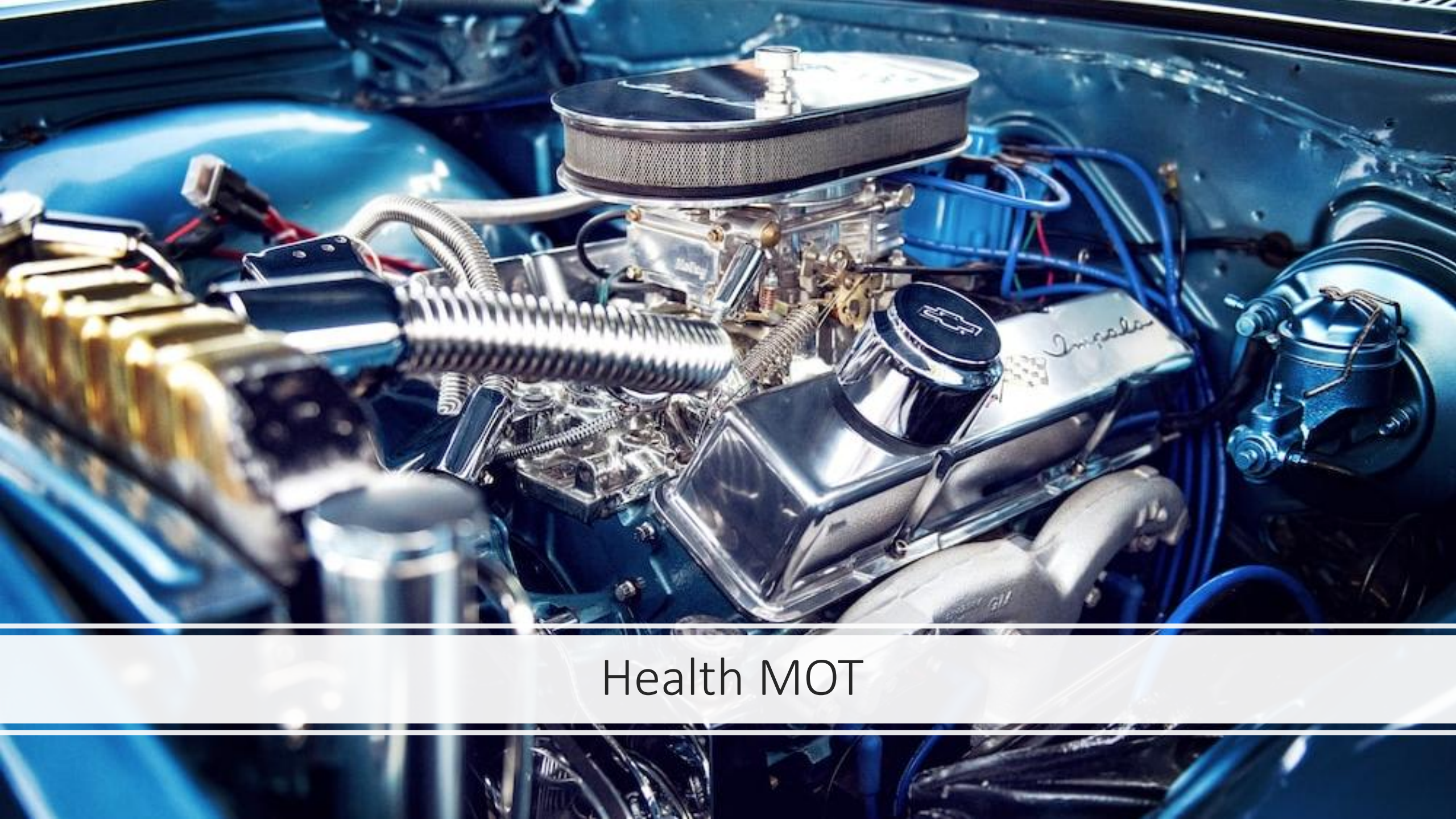
# Gender roles
# Cultural expectations
# Self expectations

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# Getting practical

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# Health MOT

# What's your health maintenance like?

# Would you pass a health MOT?

1. Talk! And develop social connections (BUT…)
2. Move more
3. Fuel yourself
4. Develop a preventative mindset
   - Know your numbers
   - Red flags
   - Regular health checks (own and professional)
5. Make time for yourself/boundaries
6. Respecting our Values

https://www.nhs.uk/Conditions/nhs-health-check/
https://uk.movember.com/mens-health/general

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# Talking to others

“Overall, my biggest piece of advice is to talk about your feelings. Whether you speak to a friend, sibling, parent, or colleague, speaking about your mental health is, in my opinion, the most important step you can take to tackle your mental health problems.

The first time I talked to someone was the hardest step I ever took but also the most rewarding. I was worried about being exposed and vulnerable, however, I received more support than I ever thought possible, and I believe that you will too.”

*Paddy Crump, Anxiety UK*



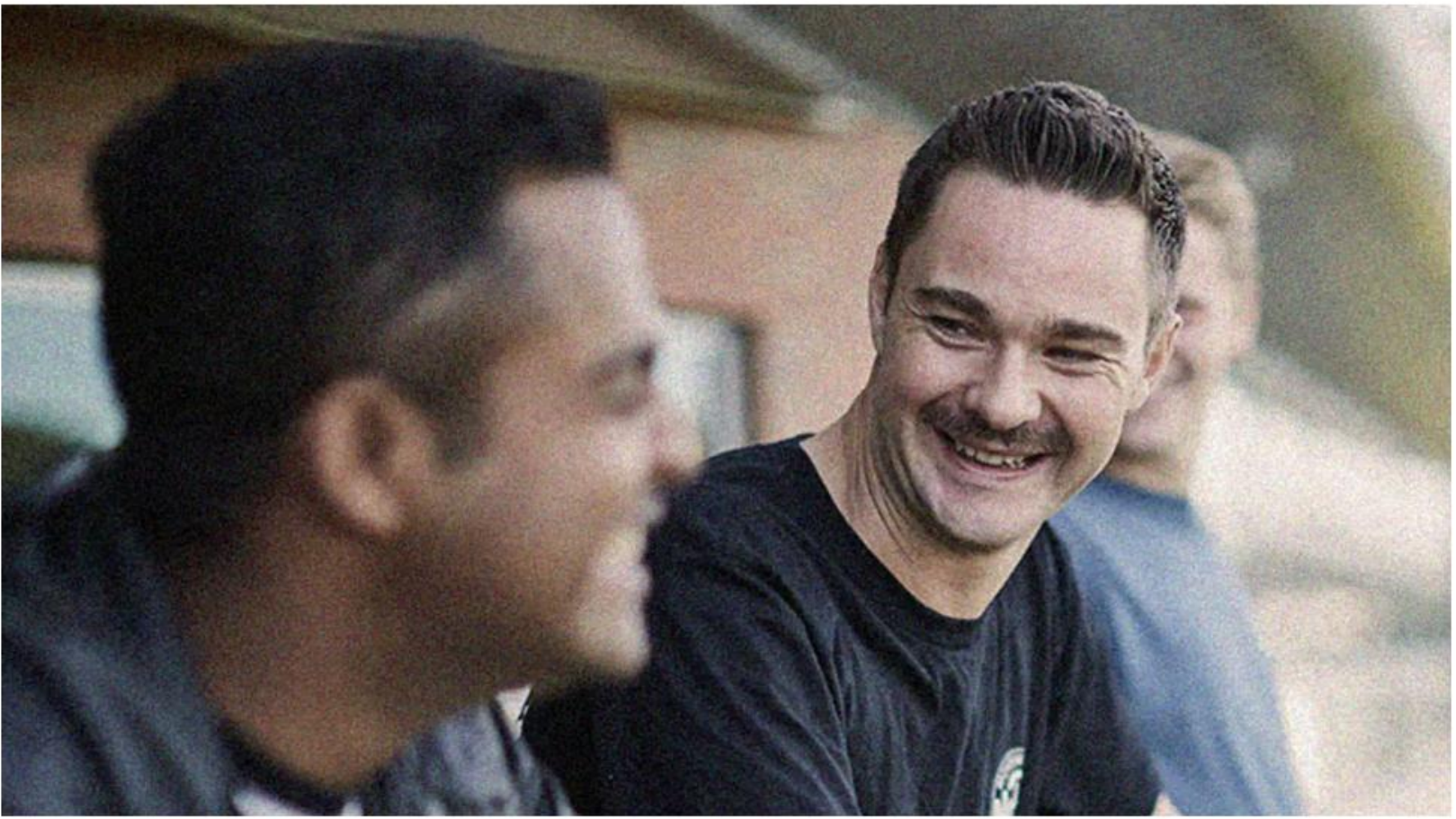

**2. Talk, more.**

You don’t need to be an expert and you don’t have to be the sole solution, but being there for someone, listening and giving your time can be life-saving.

https://uk.movember.com/mens-health/general

MOVEMBER®

SUPPORT US ABOUT US MEN'S HEALTH STORIES LOG IN Sign up



# FIVE THINGS TO KNOW A ABOUT MEN'S HEALTH

Here are five things you can do right now to prever before their time.

FIVE THINGS YOU CAN DO →

# Make a GROWMITMENT



The real win? Doing it with your crew.

## SO WHAT'S YOUR GROWMITMENT?

A Growmitment is your commitment to change men's health. And making a difference is easy. Help fund the cause and spread the word.

It's all to stop men dying too young.

Sign up to fundraise

**See the ways to get involved ›**

MOVEMBER®

Sign Up Donate

MENTAL HEALTH

# MEN'S MENTAL HEALTH. LET'S TALK ABOUT IT.

Life doesn't always go to plan. But even when things seem tough, there's a lot we can do to look after ourselves and each other.

Research tells us that men are dying too young, too often from preventable causes. At Movember, we're working to change that. We champion prevention, early intervention and real-world impact so that men can build mental fitness and be supported by the people who love them.



Real talk. Better health.

**Dwayne "The Rock" Johnson**

“Regardless of who you are or what you do for a living, depression doesn’t discriminate … The key thing I found is … especially [for] us as guys….you gotta talk about it, you’re not alone."





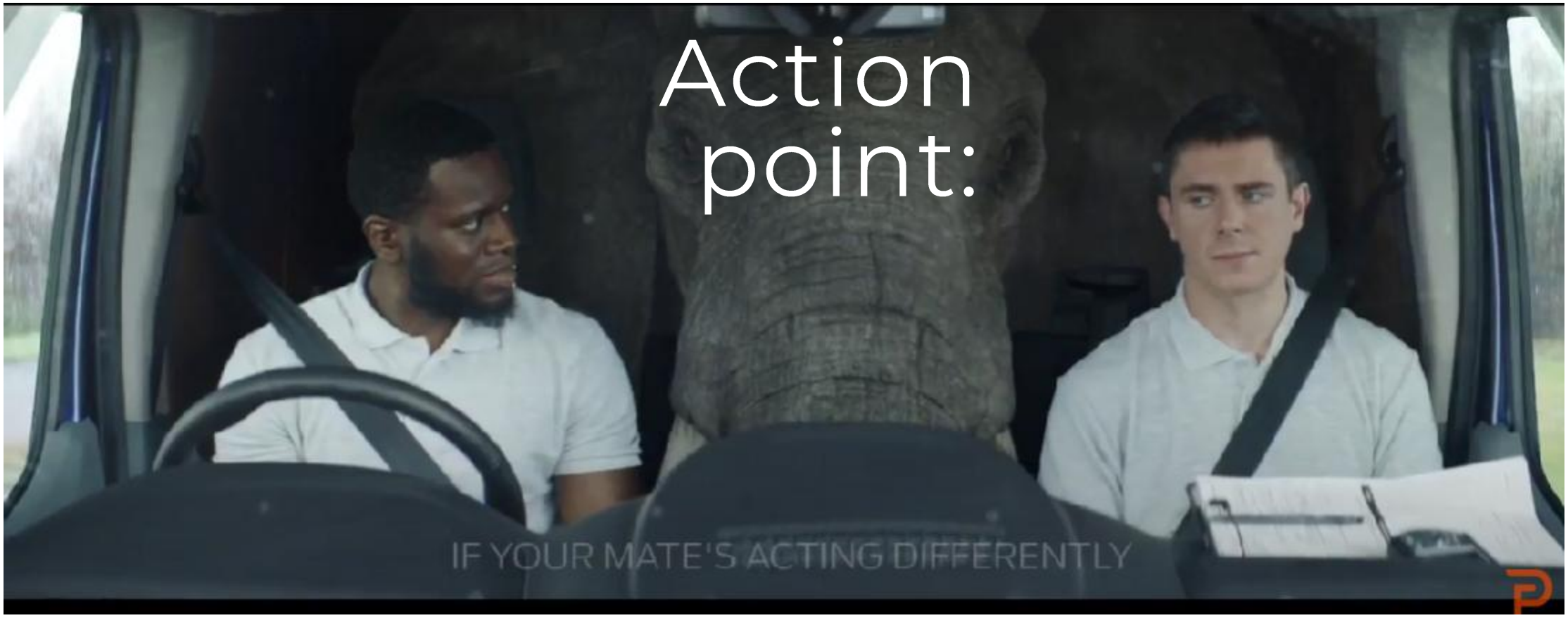
**Freddie Flintoff**

"It's something that affects me every single day," he confessed. "When I look in the mirror, when I eat my food, when I try on my clothes, it's something I don't stop thinking about.”

**Michael Phelps**

“I remember sitting in my room for four or five days not wanting to be alive, not talking to anybody. That was a struggle for me … I reached that point where I finally realized I couldn’t do it alone. Since that day [I opened up about my emotions], it’s been so much easier to live and so much easier to enjoy life.”






**Elephant in the Transit | Time To Change and Ford UK**

time to change

let's end mental health discrimination

MOST IMPORTANTLY: How do YOU prefer to communicate, and do people around you KNOW that?

Ford

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# Happy & Healthy Men

Connection, conversation and creation – that's what joining a Men's Shed is all about.

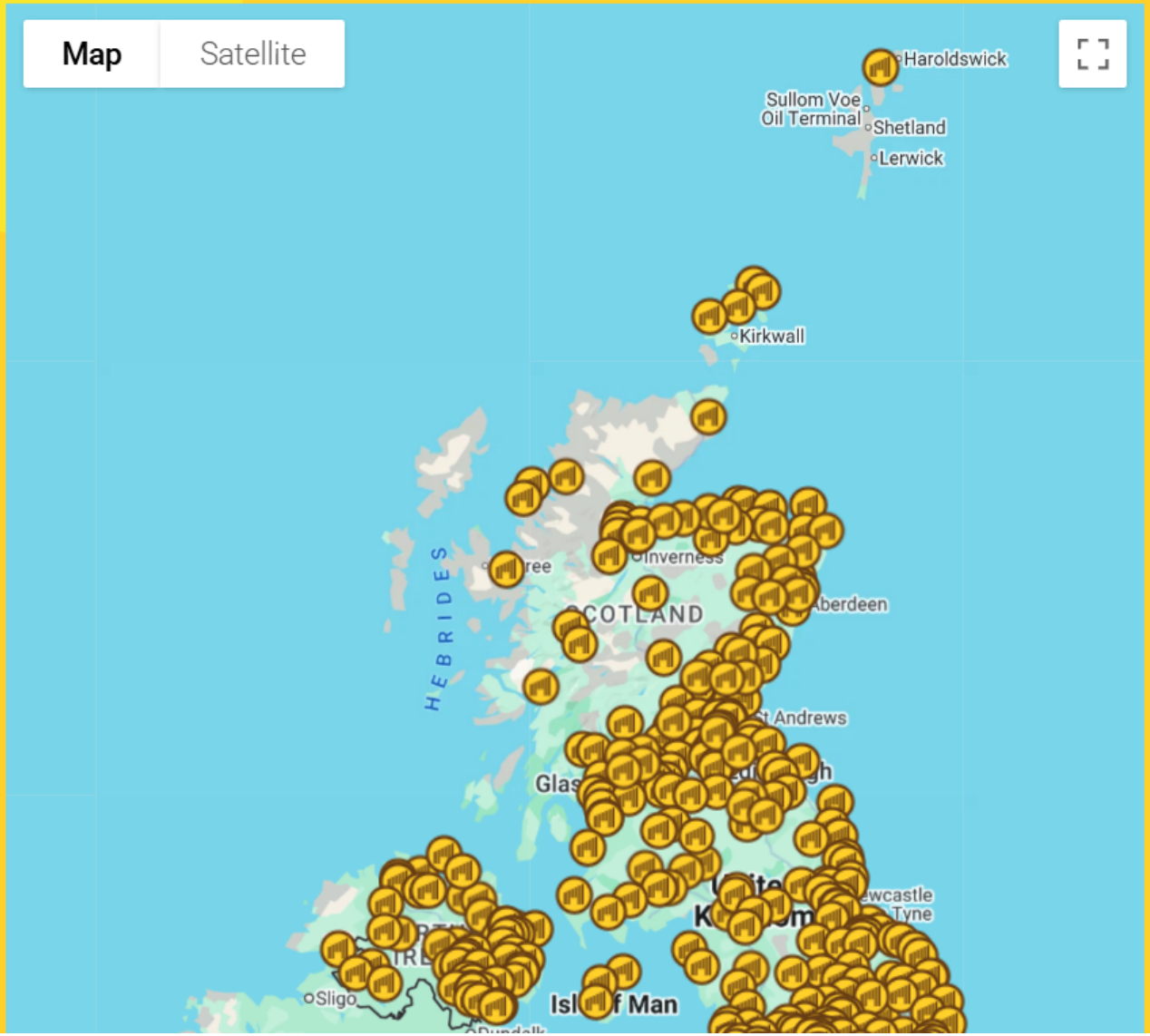
Men's Sheds encourage people to come together to make, repair and repurpose, supporting projects in their local communities.

Improving wellbeing, reducing loneliness and combatting social isolation.



## There are 1000+ Open Sheds right now

The network of Sheds across the UK, Isle of Man and Channel Islands is over 1000 venues




# Search for Sheds

Enter Postcode or Town

Enter a location

Search

Inclusion on this map is a free service offered to all Men's (& Community) Sheds in the UK, Isle of Man & Channel Islands to publicise the existence of the Shed. Inclusion does not imply the Shed is a Member of UKMSA or any other organisation.

If your Shed details need updating or you have noticed incorrect information, **please complete our online form here**.

If you need further support, you can email the team at **admin@ukmsa.org.uk**.

https://menssheds.org.uk/find-a-shed/




# Language

- Sometimes the language we use can be a barrier in itself

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anxiety

overload

stress

mental health

burnout

anger

# Action point

Familiar settings and those which allow for anonymity can help overcome the stigma often associated with talking about mental health and fosters the building of trust, which is known to develop slower in men, especially in those part of marginalised groups.

*NHS*




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# Learning to listen



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# In your experience, what do many people do when someone starts telling them about an issue they're having?

Give advice

Interrupt

"Man up"

Provide solution

Share their own experience

Uncomfortable → change topic



# Additional Resources and Support




# Let's Talk Mate

by Solent Mind

Playlist • 18 videos • 135 views

Play all

14 


Solent Mind • 65 views • 2 years ago

15 


What are self esteem issues to you? - Let's Talk Mate (Episode 16) | Solent Mind

Solent Mind • 98 views • 2 years ago

16 


Black History Month - Let's Talk Mate (Episode 17) | Solent Mind

Solent Mind • 108 views • 2 years ago

17 


International Men's Day 2022 - Let's Talk Mate (Episode 18) | Solent Mind

Solent Mind • 74 views • 1 year ago

18 


What mental health support is for you? - Let's Talk Mate (Episode 19) | Solent Mind

Solent Mind • 81 views • 1 year ago

https://www.youtube.com/playlist?app=desktop&list=PLnVFzjGIOxxKvcUww-p3OaXIm8gFRL0L4




andysmanclub.co.uk




# Eating disorders in men

https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/do-men-get-eating-disorders/

At least 1 in 4 people affected by eating disorders are men. Yet many struggle to ask for help (and are often met with disbelief when they do).

We want to bust the toxic stereotypes that prevent men from speaking up. We're here to **#HelpMenGetHelp**. So we used EDAW '23 to shine a light on the different experiences men face — and how we, as a community, can create a safe space for men to turn to for support towards recovery.

## Read their stories

https://www.thecalmzone.net/

CAMPAIGN AGAINST LIVING MISERABLY

Our helpline is open 5pm - midnight

GET HELP GET INVOLVED ABOUT US SEARCH DONATE NOW

# ROMESH RANGANATHAN



## Introducing the new CALM Patron...




## Romesh: Why I'm becoming a CALM Patron

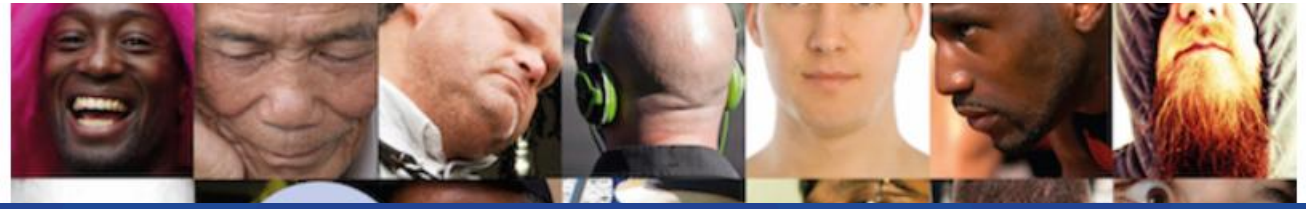
## Do a challenge for CALM

## Game 60 Hours in Nov

MEN'S HEALTH FORUM

One man in five dies before the age of 65.
**TOGETHER** we can change that.

YOUR HEALTH | PRO | GIVE | SHOP | SIGN UP | MHW 26 | ABOUT | SEARCH



easy (as an **individual copy**, **on Kindle** or in **boxes of 100**)

# MEN'S HEALTH WEEK 2026 - JUNE 15-21: HOW CAN WE BETTER USE PHARMACY TO IMPROVE MEN'S HEALTH?

## Previous Weeks

- 2025 - Men's Health Strategy
- 2024 - Prostate Health
- 2023 - Men's Health and the Internet
- 2022 - Time for your Man MOT
- 2021 - Mental wellbeing and Covid-19
- 2020 - Men and Covid-19
- 2019 - Men's Health By Numbers
- 2018 – Diabetes

# There is always hope

We are the UK's largest mental health support directory. Whether you want to find a service to help you feel better or you want to support someone who is struggling, we can help.




**Support for young people (25 & under)** →



**Support for adults** →



**Urgent help in an emergency** →

Preferences 1

- [ ] Peer Support
- [ ] For Students
- [ ] For Women
- [x] For Men
- [ ] For Carers and Families
- [ ] Prison and Probation Friendly
- [ ] Epilepsy Friendly

I want to find services near me

Southampton

OR use my current location

Depression × For Men × Adult (18+) × Older Adult (50+) ×

Sort



## Andys Man Club - Southampton

Closed · Opens Mon 7pm ▾

Southampton, Hampshire

We are talking groups for men because... You've either been through a storm, currently going through a storm or ho storm brewing in your life.

...mo

18+ Depression For Men Advice and Guidance Anxiety

## Solent Mind - Southampton Peer Support

0.53 miles · Open now · Closes 4:30pm ▾

28 The Avenue, Southampton, Hampshire, SO17 1XN

Peer Support is an opportunity for people to use their own experiences to help each other.

...mo

Depression For Men Advice and Guidance Anxiety

# Additional Links for Resources and Support

- https://www.nhs.uk/Conditions/nhs-health-check/
- https://movember.com/mental-fitness
- https://movember.com/prostate-cancer
- https://movember.com/testicular-cancer
- https://www.solentmind.org.uk/support-for-you/resources/
- https://menssheds.org.uk/
- https://www.thecalmzone.net

- https://www.mentalhealth.org.uk/explore-mental-health/mental-health-statistics/lgbtiq-people-statistics

# Key things

## Individuals

- Talk! In the way that works for you
- Develop social connection
- Know your numbers (e.g. family history, age risks,)
- Develop a prevention mindset
- Know your red flags
- Health checks
- Move more

## As an organisation

- Offering accessible support
- Speaking men's language
- Make it personalised (ask!)
- Talk to and represent all men
- Supporting men is a team effort – educate and train (everyone)
- Help men look after their mind, body and money (financial wellbeing and support/information)

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# Setting intentions and goals

# Making this real!




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