

WHAT'S THE BIG DEAL?

- 1 in 4 people will have some sort of mental health problem this year.
- Depression is so frequent, it's called the 'common cold' of mental health.
- Your GP can help.
- Let's talk about it



HALF FULL OR HALF EMPTY?



- 67% of drink-related deaths are male.
- 73% of people who go missing are men.
- 75% of suicides are male.
- 95% of prison inmates are male.

Let's talk about it

IT'S NOT ALL IN THE MIND



Feeling down often:

- increases drinking/smoking
- makes diet worse
- causes erection problems

Untreated depression also:

- doubles risk of heart disease
- increases premature death

Let's talk about it

IT CAN HAPPEN TO ANYONE

“I wouldn’t admit it you know, as a man you have always got that little bit of a pride” - boxer **Frank Bruno**

“I in 4 people, like me, have a mental health problem”
comedian **Stephen Fry**



“It happened to me, it can happen to you. Help encourage more openness about mental illness and challenge the stigma - don't reinforce it.” - **Alastair Campbell**
(yes, *that* Alastair Campbell)

“I was a nurse - I thought I understood depression”
Male mental health nurse





FEEL BETTER FAST



- **Exercise** - it boosts feel-good chemicals in the body helping you sleep, look and feel better. What's not to like?
- **Volunteer** - helping others makes us feel better
- **Take a break** - and do something you enjoy
- **Keep in touch** - if you're feeling down, contact with family and friends is doubly important
- **Read** - ask your GP about books on prescription
- **Talk about it**



ARE YOU A PRISONER?

- Men often find it tough to talk about what's going on inside our heads.
- It's normal. But it doesn't have to be like this.
- Because feeling down is normal too.
- Let's talk about it.



KEY STATISTICS

Three out of four **suicides** (76%) are by men and suicide is the biggest cause of death for men under 35

Men are nearly three times more likely than women to become **alcohol** dependent

Men are more likely to use (and die from) **illegal drugs**

Men are less likely to access **psychological therapies** than women. Only 36% of referrals to IAPT (Increasing Access to Psychological Therapies) are men.

One man in three (34%) would be ashamed to take **time off work** to see a GP for mental health

WHO CAN HELP?

- menshealthforum.org.uk
- beatstress.uk
- Your GP.
- Anyone you can talk to.

Or search online for:

- NHS Moodzone.
- CALM • Mind
- Big White Wall
- The Samaritans
- Wheel of Wellbeing

Let's talk about it



HOW DO YOU BEAT STRESS?

MEN'S HEALTH WEEK

MEN'S HEALTH FORUM

Running helps. So does any sort of exercise.

Then there's singing, dancing, laughing, music, painting, writing, volunteering, helping a mate, learning something new, meditating and getting a good night's sleep.

But one thing helps more than anything.

LET'S TALK
menshealthforum.org.uk

BEATSTRESS.UK

NEW FROM THE MEN'S HEALTH FORUM FOR MEN'S HEALTH WEEK 2016

- Beat Stress Service
- Online chat or email with a stress expert
- Anonymous, confidential
- Fast, free
- From computer, tablet or phone

Let's talk about it



BEAT STRESS

meditating • dancing • jogging • swimming • singing • laughing • **there are many ways to beat stress** • watching TV • listening to music • painting • volunteering • helping a friend • **beatstress.uk** • getting a good night's sleep • walking • making models • fixing stuff • playing a game • drawing • **online text chat or email** • acting • juggling • stretching • playing with the kids • exercising • yoga • skipping • museums • **trained experts** • eating well • the park • mindfulness • laughing • cooking • baking • reading • **talk about anything at all** • listening to music • reading • writing • volunteering • helping a mate • going shopping • **work, family, hassles** • seeing friends • computer programming • **anonymous, confidential** • making models • DIY • gardening • football • birdwatching • going to the gym • **computer, phone, tablet** • playing an instrument • going on a short break • whistling • having a bath • **free from the Men's Health Forum** • climbing • building a collection • caving • sauna • going online

BEAT STRESS

 **beatstress.uk**

MEN'S HEALTH FORUM  online stress support 24/7