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.
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
“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
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