WHAT'S THE BIG DEAL?

- I 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.





IT'S NOT ALL INTHE MIND



Feeling down often:

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

Untreated depression also:

- doubles risk of heart disease
- increases premature death





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"

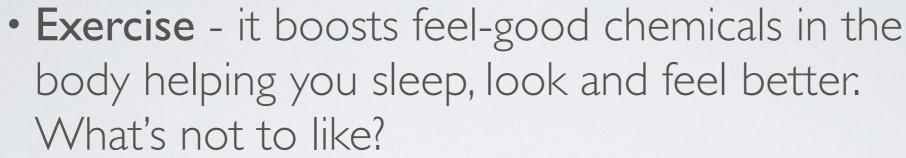
Male mental health nurse







FEEL BETTER FAST





- · 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





AREYOU 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

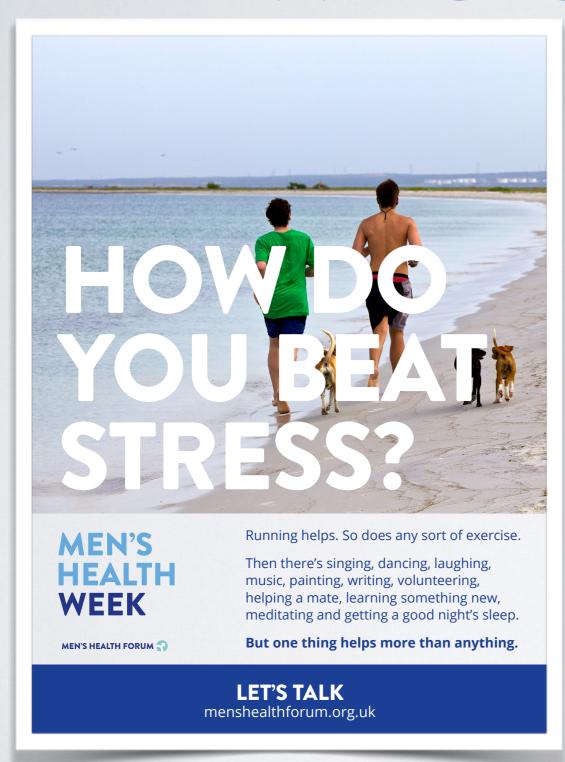
Men are less likely to access **psychological therapies** than women. Only 36% of referrals to IAPT (Increasing Access to Psychological Therapies) are men.

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





BEATSTRESS.UK

BEAT' STRESS

neditating • dancing • jogging • swimming • singi ughing • there are many ways to beat stress • wa stening to music • painting • volunteering • helpi artner • beatstress.uk • getting a good night's slee ralking • making models • fixing stuff • playing a gan drawing • online text chat or email • acting • juggli stretching • playing with the kids • exercising • yo skipping • museums • trained experts • eating w the park • mindfulness • laughing • cooking • baki read • talk about anything at all • listening to musi eading • writing • volunteering • helping a mate • goil shing work, family, hassles seeing friends comp rogramming • anonymous, confidential • maki nodels • DIY • gardening • football • birdwatching oing to the gym • computer, phone, tablet • playi n instrument • going on a short break • whistling aving a bath • free from the Men's Health Forum • cli building a collection • caving • sauna • going onlin





MEN'S HEALTH FORUM 🌎

beatstress.ukonline stress support 24/7

NEW FROMTHE 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



