



Putting men into mental health: New ways of working with men in Somerset

You are warmly invited to an event
on improving men's mental health and wellbeing in Somerset on:

Thursday 8 October 2015, 09.45 – 16.35

at the

**Haynes International Motor Museum, Sparkford,
near Yeovil BA22 7LH.**

This event has been organised by Somerset County Council, Public Health in partnership with the Men's Health Forum (MHF). It is happening because we want to raise awareness about men's mental health and ensure the right support and services are available to meet men's needs.

If you would like to attend, please book here by 3 September 2015:

<https://www.menshealthforum.org.uk/somerset-putting-men-mental-health-booking-form>

The venue is fully wheelchair accessible. Confirmation of booking will be sent after closing date.

Venue location and travel info:

<http://www.haynesmotormuseum.com/home/your-visit/planning-your-visit/how-to-find-us.php>

At the end of the day, delegates can visit the Motor Museum free of charge. It is the UK's largest exhibition of the greatest cars from around the world.

Men's mental health: the challenges

- Over three quarters of those who take their own lives are male.
- 73% of adults who 'go missing' from home are men.
- 87% of rough sleepers are men.
- Men are nearly three times more likely than women to become alcohol dependent.
- Men are three times as likely to report frequent drug use as women. More than two thirds of drug-related deaths occur in men.
- Men are nearly 50% more likely than women to be detained and treated compulsorily as psychiatric inpatients.
- Men have measurably lower access to the social support of friends, relatives and community.
- Over 80% of children permanently excluded from school for behavioural difficulties are boys.

We hope that you will want to take part in this important and timely event and
look forward to hearing from you.

Programme details

Men often have mental health needs that are distinct from those of women and which are associated with the lived experience of being male. Some of these needs are not being met as effectively as they might. This event seeks to bring together stakeholders across a range of disciplines to look at the evidence collected by the Men's Health Forum, the policies developed in Somerset and start to develop better ways to promote men's mental health.

- How are men's mental health issues and needs different from women's?
- Can we change the way we organise, deliver or describe services to make it easier for men to use them?
- What can we learn from recent research and existing practice elsewhere?

There will also be a panel discussion with three men about their personal experiences of different mental health issues and workshops where attendees will consider how to develop work on men's mental health in Somerset.

The following will be covered:

- Key issues in men's mental health and wellbeing
- Sharing the Men's Health Forum's new 'How To' guide on working with men on mental health
- Overview of mental health and suicide policies in Somerset
- Engaging with men on mental health and wellbeing issues
- Examples of effective interventions with men
- Provide a networking opportunity for attendees and organisations.

Confirmed speakers

- Jonny Benjamin, Mental health campaigner and producer of the TV documentary *The Stranger On The Bridge*
- Sam Thomas, Founder and Director, Men Get Eating Disorders Too
- John Ryan, comedian
- Trudi Grant, Director of Public Health, Somerset County Council
- David Wilkins, MHF Associate; co-author, *Delivering Male: Effective practice in male mental health*; author of the new MHF 'How To' guide
- Damien Ridge, Professor of Health Studies, University of Westminster and a psychotherapist
- Ivor Dixon, Somerset Levels and Moors Sheds
- Patrick Abrahams, Frome Men's Shed
- Alan O'Neill or Lorcan Brennan, Men's Development Network (Ireland)
- Malcom Rae, Chair, State of Mind Sport.

Who is the event for?

The event, which is free to attend, is aimed at the following professional groups based in Somerset: Mental health services (statutory and third sector), occupational health, men's health, equality and diversity practitioners, drugs and alcohol services, homelessness services, police and probation services, general practitioners, clinical commissioning groups, Health and Wellbeing Board members, academics and researchers, projects that promote mental health and wellbeing, counsellors and psychotherapists, and others with an interest in men's mental health and wellbeing. Some male service users will also be invited.

A 'marketplace' for local services to promote their work will be held at the event. For more information about this, please contact Tracy Herd at Men's Health Forum (tracy.herd@menshealthforum.org.uk).

Men are particularly encouraged to attend to enable participants to reflect and draw on their own experiences.