

Inspiration Point Factsheet:

Men's Health



Many people want to talk about their mental health but it can be difficult to judge the right moment. Fear of stigma and a lack of understanding can lead to an unwillingness to open up.

According to research, this very much applies to men, who continue to struggle with their mental health and find it difficult to ask for help. The pressures of work, family and society often have a real effect.

That's why it's important to check in on the men in our lives: friends, husbands, partners, brothers and fathers.

We have created helpful tips to show everyone that it's ok to talk. **Speak out. Step up. Seek support.**

Speak out

Normalising conversations about mental health will help break stigma and that's very important. We should speak out and ask those around us how they are feeling. Listen to what our friends and family are saying or, in some cases, not saying.

As humans, we're very sensitive to even subtle changes in the people we know – we can read between the lines. Sometimes, they will even drop subtle, and often subconscious, signals that they want to talk. Don't be afraid to check in and ask them 'How are you feeling today?'

Speaking out can make a big difference.

Step up

We all have a part to play in tackling taboos around mental health. Taking that first step towards caring for another person's mental health is important. But it's difficult, too, and this can be especially true of men.

Invite someone out for a lunchtime stroll while the sun is shining or grab a bite to eat. Go for a coffee. Ask them how they're getting on. They might just open up and talk about how they are really feeling.

Stepping up and taking action, when you notice someone is in need of a sympathetic ear, can have a real impact. You won't always have the answer; however, just listening and demonstrating how much you care might make a big difference.

Seek support

This is, perhaps, the most challenging stage but help exists for those in need – there are lots of people ready to assist. You don't have to fix every problem; just being there will mean a lot.

What your dad, brother or husband is going through is very real to them. So, be as supportive you can. But remember, there are times when additional support is required.

If you are concerned about the mental health of someone you know, why not speak to your GP or Lifeline (0808 808 8000)? You could also check out [CommunityWellbeing.info](https://www.communitywellbeing.info), which is home to a variety of fact sheets, self-help tools and vital signposting resources.



You can read more factsheets on our website here:
www.inspirewellbeing.org

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