



It's Time to Start Talking About Men's Mental Health

Talking is a strength, not a weakness


Men account for
3 in 4 suicides
in the UK

Suicide is the
leading cause
of death for
men under
35


Only **1 in 3**
NHS talking
therapy
referrals
are men 

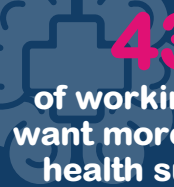
4 in 10 men

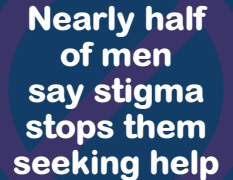
would only
seek help at
crisis point

1 in 5 men

have ever sought
professional help
for their mental
health


The male suicide
rate is 3 times
higher than
the female rate


43%
of working men
want more mental
health support
from their
employer


Nearly half
of men
say stigma
stops them
seeking help

Why it Matters

Your Mental Health Deserves Attention

- 1 in 8 men in the UK has a mental health condition
- Men are less likely to seek help - but that's changing
- Breaking the stigma saves lives

Talk About it

Speak Up. Reach Out. Feel Better.

Why opening up is important:

- Stops problems from building up
- Connects you to people who care
- Reduces stress, shame, and isolation
- Opens the door to real support
- Encourages others to speak up too



Know Where to Go Charities and Services That Can Help

From talking therapies to helplines, find the right support for you - you don't have to face it alone.

Scan to
find out
more



The Men's Health Forum

The Men's Health Forum is a charity supporting men's health in England, Wales and Scotland. Advocating for better health outcomes for men and boys across the UK



Andy's Man Club

ANDYSMANCLUB are a men's suicide prevention charity, offering free to attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men's mental health and help men through the power of conversation.



Movember Foundation

The Movember Institute of Men's Health brings together the world's leading experts in men's health. Our mission? To accelerate research and translate findings into real-world impact.



Men's Sheds Association

Connection, conversation and creation – that's what joining a Men's Shed is all about. Men's Sheds encourage people to come together to make, repair and repurpose, supporting projects in their local communities.



MenWalkTalk

We organise free, volunteer-led walk-and-talk groups in parks, along seafronts, through woodlands and towns, bringing men together in a relaxed, pressure-free way to support their mental wellbeing.



Mindstep Foundation

Dedicated to suicide prevention through funding research, raising awareness, and supporting those affected by mental health challenges - especially in young men.



Start the Conversation Today

Whether it's with a mate, a GP, or a helpline - talking is the first step. Let's rewrite the story around men's mental health. One chat at a time.

