



# Bulletin

*Topic: Men's Health Awareness*

## *What is Men's Health Awareness Week?*

Men's Health Awareness Week is from the 9<sup>th</sup> June to the 15<sup>th</sup> June. It was first originated in America in 1994 and has become an international event since 2002. Men's Health Awareness Week is an annual awareness campaign which is held to focus on men's physical and mental health.

## *Statistics*

When we look at statistics of men to women when it comes to mental and physical health, it can be quite hard hitting.

It is found that in the UK alone:

- Men are 32% less likely to visit the GP than women
- Around 30–34% of working-age men wouldn't take time off work for serious symptoms (blood in urine, chest pain)
- Only 31% of men would talk to a friend/varying other family about health concerns (vs. 54% of women)
- Suicide is the leading cause of death among men under 50
- 75% of suicides are male.
- Only 36% of NHS talking-therapy referrals are for men, even though men make up 75% of suicides.

**These statistics highlight critical issues in men's health and serve as an important reminder to take action – both individually and as organisations.**

## *Support*

Men often face unique barriers when it comes to health, including stigma, work pressure, and a "tough it out" culture. But support is available—and seeking it is a sign of strength, not weakness.

- Mind – Advice, helplines, and local support: [www.mind.org.uk](http://www.mind.org.uk)
- NHS Live Well (Diet, Fitness, Alcohol, Sleep): [www.nhs.uk/live-well](http://www.nhs.uk/live-well)
- Samaritans – 24/7 confidential support: [www.samaritans.org](http://www.samaritans.org)



## *Why is it important to look after physical and mental health*

- Keeping good mental and physical health is crucial for men, not just for their own wellbeing but also for safety, productivity, and overall quality of life.
- Men often hesitate to seek help or discuss health issues openly, which can result in minor problems turning into serious ones.
- Regular check-ups, honest conversations, and healthy practice—such as staying active, managing stress, and looking for early signs of illness—can lead to significant improvements in life.
- Focusing on both mental and physical health contributes to a stronger, safer, and more supportive workplace for all.

## *How can the workplace support*

- Encourage open discussions – Foster an environment where discussing mental health is common and supported. Educate managers – Provide leaders with training on mental health awareness or certification in Mental Health First Aid.
- Support work-life balance – Advocate for sensible working hours, frequent breaks, and respect for personal boundaries (e.g. no emails after hours).
- Encourage regular health screenings – Promote the use of NHS Health Checks, cancer screenings, eye examinations, and vaccinations
- Design a healthy workplace – Ensure access to natural light, clean air, nutritious food options, and hydration stations.

Through our trusted partners we are able to provide any further support on Mental Health Strategies, Stress Awareness Training and Suicide Prevention. If you require any further assistance, please get in touch