



### What is Men's Mental Health?

Men's mental health refers to the emotional, psychological and social wellbeing of men. It influences how they think, feel and behave, and affects their ability to cope with stress, build relationships, and make decisions.

Although mental health challenges affect everyone, men often face unique barriers to seeking support due to stigma, societal expectations and culture around masculinity. The good news is that stigma is in our power to change...and it *is* changing. Talking openly about struggling is increasingly accepted, and every conversation helps move this forward.

### Some of the most common conditions and experiences affecting men include:

- Depression
- Anxiety
- Stress and burnout
- Suicide and suicidal thoughts
- Substance or alcohol misuse
- Social isolation
- In some cases, hallucinations which may occur as a result of severe anxiety, chemical imbalance, or substance use



Men in the UK face significant mental health pressures. **Key facts include:**

- 3x as many men as women die by suicide in the UK
- Men are less likely to access Talking Therapies than women
- Middle-aged men (40 - 49) have the highest suicide rate in the UK
- Men often report turning to unhealthy coping strategies, including alcohol or avoidance
- Many men face pressure linked to their perception of what others expect them to be, and the internal conflict this can create when it doesn't align with who they feel they truly are



### Strengths & Protective Factors:

All men are individuals, and many build resilience, connection and wellbeing in different ways.

#### Common strengths include:



**Loyalty and commitment**



**Problem solving**



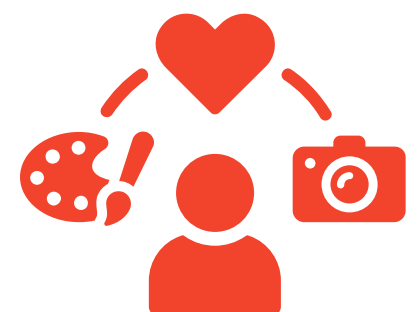
**Humour and peer connection**



**Willingness to protect and provide for others**



**Hands-on approaches to communication**



**Passion for hobbies, fitness, sport, or community**

### Experiences of Men with Mental Health Challenges:

- Mask emotions or appear “fine” outwardly
- Withdraw socially rather than express sadness
- Express distress as anger, frustration or burnout
- Avoid talking openly due to judgement or stigma
- Struggle to ask for help even when they need it





### What adjustments can be made in the workplace?

- Recognise the impact of stigma and create a culture where it's safe to talk
- Encourage and role-model openness from leadership
- Offer regular check-ins focused on wellbeing, not only performance
- Allow flexibility when someone is struggling
- Signpost to mental health support early
- Avoid assumptions: listen, reflect, and ask what support looks like for them
- Provide Mental Health First Aiders and clear referral routes



### HELP & SUPPORT:

Samaritans: **Call 116 123** or **[www.samaritans.org](http://www.samaritans.org)**

**SAMARITANS**

Mindline UK: Emotional and mental health helpline: **[www.mindline.org.uk](http://www.mindline.org.uk)**

**mind**  
in Somerset

Unbreakable Men (SASP): **[www.sasp.co.uk/unbreakable-men](http://www.sasp.co.uk/unbreakable-men)**

**UNBREAKABLE**  
**MEN**

CALM (Campaign Against Living Miserably): **[www.thecalmzone.net](http://www.thecalmzone.net)**

**CAMPAIGN**  
**AGAINST**  
**LIVING**  
**MISERABLY**

For mental health guidance, crisis support, self-help tools and treatment pathways, visit the NHS mental health support page: **[www.nhs.uk/mental-health/](http://www.nhs.uk/mental-health/)**