

Men's Mental Health Week 2021 – The CAN DO approach

14 June – 20 June 2021



The suicide rate for men in the UK is frighteningly high. Men often suffer in silence, feel isolated and are left to wonder where can they talk, seek advice or listen to topics which have a direct bearing to their life.

The aim of Men's Health Week is to give all men, the information, services and treatment they need to live healthier, longer and more fulfilling lives. The focus for 2021 is Mental Health in a Covid World.

Men's Health have related campaigns for you to join in:

- The CAN DO Challenge - a practical boost to everyone's mental wellbeing
- Let's All Talk to encourage men to open up as society opens up

How to get involved

The 'CAN DO' Challenge

There are five days of the week and five ways to wellbeing. Men's Health Forum is calling on everyone to choose a different way to wellbeing to try each day of Men's Health Week. At the week-end, pick your favourites and do them again!

Every day, a different way

The five ways are:

- **C**onnect - connect with other people (eg. call an old friend you haven't since before lockdown) #connectmonday
- **(Be) A**ctive - move your body (eg. go for a run/walk/swim/dance/etc) #activetuesday
- **N**otice - take notice of the environment around you (eg. turn off your phone for an hour) #noticewednesday
- **D**iscover - learn something new (eg. read a book you haven't read before) #discoverthursday

- Offer (or give) - do something for someone else (eg. volunteer for a local community group) #offerfriday

Friday is also [#ShowUsYourBlue](#) aimed at encouraging everybody to give their support to the men's health message by wearing blue. Wear **BLUE** was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives.

Want to make the challenge more challenging?

- Can you find an activity that ticks all 5 boxes? Taking a group of people on a historical walk, for example.
- Can you get five friends to do it too?
- Can you do your chosen activity five times - five press-ups, five books, five minutes dancing five times, five marathons
- Can you do all five ways in one day? Can you do that for every day of the week?
- Not sure what to do? To get you thinking, here are [50 ideas](#) from Men's health champions from Men's Health Forum
- Keep checking back on the [Men's Health Forum](#) website - they will be posting some of our favourite ideas.
- Tell Men's Health Forum what you're doing.

Let's all Talk

Even before the pandemic, men's mental health was a cause for concern. There is a grave disparity in the high number of men who die from suicide and the low number of men who seek treatment for depression, anxiety and other mental health challenges.

As part of the Men's Health Week, the Men's Healthy Forum is encouraging us all to talk with each other. Today's COVID world is different. It's normal to feel different too. As society opens up, we need to open up too.

If you are looking for peer to peer support groups to talk, [Andy's Man Club](#) West Lothian, meets every Monday at 7pm at East Main Street, Broxburn. For details on how to access this, visit their Facebook page [Andy's Man Club West Lothian](#) or email info@andysmanclub.co.uk

Alternatively, if you are looking for some practical and emotional support on a variety of subjects, consider listening to [Men's Radio Station](#) which is a ground-break radio station sharing knowledge, ideas and solutions across the spectrum of men's physical emotional wellbeing. This is available over the internet, all broadcasting platforms and mobile app. To listen live visit website or click [here](#). *Reading the Signs - the road to wellbeing*, is hosted by comedian John Ryan and friends. Join them for a laugh, chat and tips for wellbeing every Monday at 7pm, on [Men's Radio Station](#).

Signpost to supports

If you're concerned about your mental health, you could talk to your GP or alternatively there are a number of websites, that provide a wealth of information and supports centered around men in particular.

- [Help EAP](#) - employee assistance programme providing telephone-based counselling helpline, available 24/7. To access call the freephone number 0800 0285 148.
- [Campaign Against Living Miserably \(CALM\)](#) - is an award-winning charity dedicated to preventing male suicide.
- [Men's Health Forum](#) - is a charity that works to improve men's health services and the health of men including mental health.
- [Movember Foundation](#) is a leading charity changing the face of men's health by addressing some of the biggest health issues faced by men: prostate cancer, testicular cancer, and mental health and suicide prevention.
- [Men Matter](#) - local run support group run by men for men. They meet on a weekly basis to
- [Kick the Stigma](#) - local run 5 aside football group that gets men talking about mental health issues
- [Men's Mental Health Group](#)- a local run support group providing peer support, social activities, advice and support No appointment necessary just attend. Group meets every Wednesday at East Calder Partnership Centre, EH53 0EP at 7.00pm - 8.30pm

For more information or signposting to other local and national supports, visit the Council's [Four Pillars of Wellbeing Toolkit](#). Support is categorised as mental, physical, financial and workplace wellbeing.

HWL
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