

# Men's Health Week

Men's Health and the Internet  
12 - 18 June 2023



Men's Health Week is a dedicated week that shines a spotlight on the unique health concerns impacting men. It serves as a reminder of the importance of addressing and managing health issues proactively. Men's Health Week encourages men to take charge of their well-being, make informed decisions about their lifestyle choices, and seek appropriate medical support when needed.

## Men's Health

The iPhone was born in 2007. Those born in the same year will turn 16 this year. They've grown up with a high-performance computer in their pocket. What are the implications for men's health?

That's the question we're looking at for this year's Men's Health Week. Clearly there are some health benefits to being able to access health information or deliver and receive health services online but what are the downsides?

### Dopamine-delivery device

Dopamine is one of the key chemical messengers in your brain. It creates feelings of pleasure and reward and plays a role in concentration, memory and what we find interesting. In short, dopamine makes us feel good and we like a hit of it from time to time.

The iPhone is a dopamine-delivery device that is always to hand. Every single app you use on it knows this full well and is designed to keep you using it. The potential for addiction is obvious. Even an 'addiction' to a pretty benign app is going to cost us time and the attention we could have devoted to more meaningful things. But what about when it starts costing money, relationships, work... ?

If you think you're spending too much time on your tech (and even if you don't), take a screen break and try [the CAN DO challenge](#) instead

## The CAN DO Challenge

The **CAN DO** Challenge is a great way to boost your mental wellbeing by doing all the five ways to wellbeing which are scientifically-proven to help us feel better.

The **CAN DO** Challenge invites you to do all FIVE of them.

The five ways are:

- **Connect** - connect with other people (e.g. call an old friend or family member)
- **(Be) Active** - move your body (e.g. go for a run/walk/swim/dance/etc)
- **Notice** - take notice of the environment around you (e.g. turn off your phone for an hour and look around)
- **Discover** - learn something new (e.g. read a book you haven't read before)
- **Offer** (or give) - do something for someone else (e.g. volunteer for a local community group)

Need inspiration? For more ideas on the CAN DO Challenge click on this link <https://www.menshealthforum.org.uk/news/50-champion-ideas-can-do-challenge>

## Looking for Support?

There's evidence that some addictions which particularly affect men have been made worse by 24/7 internet and smartphones.

If you need support with addiction you can contact our EAP services. Other addict services include:

- West Lothian Drug & Alcohol Services - telephone 01506 430225 or email: [enquiries@wldas.org](mailto:enquiries@wldas.org) or visit their webpage <https://www.wldas.com/>
- GamCare, supports on gambling addiction - telephone 0808 8020 133 or for other methods including live chat visit their webpage <https://www.gamcare.org.uk/>

## Employee Assistance Programme (Help EAP)

[Help EAP](#) provide council staff with a confidential freephone helpline, manned by trained professionals. This service is available 24/7 and can be accessed by dialling **0800 028 5148**. All calls are confidential and can help staff dealing with various addiction issues.

## Four Pillars of Wellbeing

The Council's intranet Four Pillars of Wellbeing has a wealth of information on mental health and mental health supports available internally, in the local community and nationally. They also list the number of healthy working lives campaigns aimed at raising awareness and build a healthier workforce. To access this information, click [here](#) which will take you to another webpage.

## ELearning

For more detailed information on how to support good mental health through modules such as mindfulness, stressless and mentally healthy workplace for employees, visit our eLearning platform [MyLearning](#)