



Men's Mental Health Awareness

Many men today struggle with their mental health, however only 36% of referrals to NHS talking therapies are for men. The stigma and societal pressures surrounding men's mental health can make it difficult for men to share how they are feeling and reach out for vital support.

Vita Health Group have designed this 60-minute course to raise awareness of the impact of the stigma surrounding men's mental health and provide the skills to recognize and support those who may be struggling around us.

Course aims:

- ✔ To review the stigma and societal pressures surrounding men's mental health and what it means to be a man along with building the confidence and skills to offer support to someone who may be struggling with their mental health.

Course objectives:

- ✔ To review the impact of stigma
- ✔ To understand the changes we may spot in the people around us when they are struggling with their mental health
- ✔ Learn the skills to have safe and effective conversations and signpost to appropriate support

Key content:

After an introduction, we will begin by discussing the stigma and societal pressures surrounding men's mental health with the key focus of being part of a culture of change to reduce this stigma. We will look at statistics which highlight that despite the prevalence of men experiencing difficulties, men statistically are less likely to reach out for support.

Following reviewing the risk factors for men developing depression or anxiety we will move on to learn strategies of what you can do to offer support. This includes how to actively listen, have safe supportive conversations and encourage someone to reach out for professional support.

Course cost:

Face to Face £445
Webinar £250

