



Mental Health Support with MYB

Who me? Men's mental health

*Issue Thirteen – October
2020*

Who me? Yes You! Men's Mental Health

Stigma – Depression – Stress – Eating Disorders

www.esrasurrey.co.uk info@mindingyourbusiness.org.uk

**Minding Your Business is a part of the mental health support charity, ESRA Limited
(DBS/102020)**

Mental Health Support with MYB

Who me? Men's mental health

Minding Your Business (MYB) offers Mental Health First Aid (MHFA) England training and bespoke mental health courses, presented both online and in-person by accredited instructors. All profits from MYB go to **ESRA Limited**, a mental health charity (number 281004) which focuses on getting people back into work, or remaining in work, after suffering from mental ill health.

These are challenging times with many of us working from home, maybe feeling isolated or dealing with unusual circumstances and ill health. One thing is for sure, no one should ever worry about asking for help.

*This is our 13th MYB Newsletter, with the first issue published as we went into lockdown in March. Now monthly, in this issue, we look at a few aspects of **MEN's mental health** and we hope that it will be useful not only for men, but for everyone who 'knows' a man (all of us)!!*

In our next newsletter which will follow shortly, we look at suicide, as the UK statistics quite clearly state that men aged 45 to 49 have the highest rate of suicides (27.1% in UK), with three quarters of deaths among young people being male – particularly those aged 20 to 24 (Samaritans, 2018).

The information used for this Newsletter is data extracted from groups and charities who deal with men's mental health, such as The Samaritans, Mind, Mental Health Foundation and Beat Eating Disorders. We have included details of how to contact the relevant support groups in case any of the information is poignant to you. Don't ever suffer alone – there is support.

To everyone – please take extra care of your mental health, particularly during this next lockdown. If you need any sign-posting to support, please don't hesitate to contact us.

HELPLINES

...

The Samaritans

116 123

Mind

0300 123 3393

Text "Shout" to

85258

Crisis support, 24hrs

Samaritans

116 123

jo@samaritans.org

Survivors Trust

0808 801 0818

Sexual abuse & rape

CALM

0800 58 58 58

(daily 5pm to midnight)

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Men's Mental Health – facts & support

What about men? Who me?

The Priory Group commissioned a survey in 2015 for International Men's Day. They surveyed 1,000 men in an attempt to uncover men's attitudes towards their own mental health. **Years later, the findings are just as relevant.**



Interestingly but not surprisingly, statistics show that **40% of men will not talk about their own mental health**, although over three quarters suffer with anxiety, stress or depression. Priory found that work and finance were the main concerns for over one-third of the men surveyed, followed by health.

Thoughts of suicide and self-harm would only compel 40% of the men to seek professional help. This is an alarming figure, don't you think?

Why don't men talk about their mental health?

Again looking at the Priory Group survey, responses such as *'I've learnt to deal with it'*, *'I don't wish to be a burden to anyone'* and *'I'm too embarrassed'* were the most popular comments, with *'there's stigma'*, *'I don't want to admit I need support'* and *'I don't want to appear weak'* also explaining why men wouldn't talk about their mental health.

Just over a fifth of those surveyed wouldn't feel comfortable speaking to a GP as they worried about wasting their time (or that of another professional) – although depression and anxiety are legitimate reasons to seek medical care. In fact GP's spend nearly a third of their time dealing with psychological issues.

The **Mental Health Foundation's** findings are similar. Their reports state that only 36% of referrals to IAPT (Increasing Access to Psychological Therapies) is by men, with men less likely to discuss their mental health issues with their family or friends, and more likely to use harmful ways of coping through other methods such as with drugs or alcohol, in response to the distress that they feel.



How common are men and mental health issues?

According to the Mental Health Foundation, about **1 in 8 men have a common mental health problem** in England. Of course there are difficulties experienced by both men and women, but some of these and their influences on mental health, are more relevant to men.

A survey compiled for the Office of National Statistics, concludes that from over 3,500 adults questioned over the last 12 months, twice as many adults in Britain are reporting symptoms of depression compared to this time last year (BBC Health reporter, 18 August 2020). That's one in five people, instead of one in ten.

Whilst this survey doesn't look at men v women, the results are quite astounding, with 13% of these people showing newly developed symptoms of 'moderate to severe' depression.

Expectations and Roles

Traditionally, men and women have been expected to behave in certain ways. As the Mental Health Foundation says "For men, societal expectations about how men 'should' behave and what masculinity is, includes the expectation that men be the breadwinners of their family, and that they display what have traditionally been perceived as masculine traits like strength, stoicism, dominance, and control'. Whilst not necessarily negative traits, some research suggests that reliance on the traditional ideals such as what it means to be 'a man', can negatively impact a man's mental health.

Macho images may appear in your mind – in these, there is almost no room for a male to show that they have poor mental health. From a young age (says youthedaddy.co.uk), boys are programmed to behave a certain way. *Big boys don't cry. Man up! Don't be a girl. Only girls talk about their feelings. Be a man!* Is there any wonder that males are reluctant to talk about their mental health?



How do we start to stop the stigma of men's mental health?

For the CPD Online College, Jane Higgins wrote an article earlier this year (2020), called '[Don't ignore men's mental health](#)'. In this she talks of the stigma of men's mental health coming down to social conditioning, and the stigma that men feel is attached to reporting mental health issues. Unrealistic expectations, not knowing how to cope with new feelings, struggling to admit help is needed, being embarrassed or ashamed – these are all very relevant and real thoughts that carry 'stigma'.



This is where **popular male figures** can help. Recently Prince William and Prince Harry talked openly about their mental health and its challenges; talking in public, their mother's death and the reactions of people around them, being a parent, and much more...

Prince William also campaigns for British men to open up about mental health through football, trying to break the stigma of men's mental health and explore why men struggle to talk about their emotions. (55:00). www.youtube.com/watch?v=jdlS_8XZJOY



"[A Royal Team Talk](#)". Presenter Dan Walker gathered together Prince William, Gareth Southgate, Peter Crouch, Thierry Henry, Danny Rose and Jermaine Jenas to discuss, in this extraordinary and revealing conversation, men's mental health and mental fitness (52:00).

www.youtube.com/watch?v=Yn_shQZz5tw



Prince William wishes he could see the suicide rates reduce; the silent killer (01:25):

www.bbc.co.uk/programmes/p08fdrc1

Talking is a strength, not a weakness

Former England and Aston Villa footballer, Micah Richards, tells us eloquently how important it is to stay connected, and how talking about your feelings can help you to cope and shouldn't be seen as a sign of weakness but as strength. Micah doesn't suggest that he was depressed but he certainly has had low times, and he talks candidly during this four-minute BBC Bitsize interview about how he now recognises how he felt when he was low and how he was supported (4:00).



www.bbc.co.uk/bitesize/articles/znqqmfr

In fact many black footballers are opening up about their well-being in general.

Managing Speech Nerves

Prince William also talks about how he found a way to prevent speech nerves (0:54).

www.bbc.co.uk/programmes/p08fdtqy

Toxic Productivity – have I got it?

If you are feeling the pressure to do something truly meaningful and have become obsessed with radical self-improvement above all else, and as a result you are always being left with that guilty feeling of not having done more, you could be suffering from Toxic Productivity. Psychologist Dr Julie Smith explains on this BBC Bitesize recording, how to spot the signs and what to do if you find this creeping into your daily life (3:20). www.bbc.co.uk/bitesize/articles/zj9r92p

**All IMAGES from page 6 onwards are
linked to a relevant recording or website.
CLICK AWAY...**

Other Short Films/Documentaries about Men's Mental Health

A beautiful, modern, short film of men's loves and losses, friendship, suicide and loss – **"Boys' Don't Cry"** – #creatorsforchange - Humza Productions (7:21).



The Day I Snapped (Mental Health Documentary) - Real Stories

"The stories of a GP, a teacher, a social worker, a farmer and a businessman whose stress levels rendered them unable to function. This 2017 documentary investigates what happens when the stress of working life causes a major meltdown. This is a very human account of what happened in the lives of five people, when anxiety got too much to cope with".

'There's no shame in taking care of your mental health' – Sangu Delle (TED Fellow)

Sangu says "Being honest about how we feel doesn't make us weak – it makes us human". He confronts his own deep prejudice that men shouldn't take care of their mental health – and how he learned to handle anxiety in a society that's uncomfortable with emotions. (9:00).



FIRST STEP - Asking for help

It can be tough taking that step to talking about your mental health for the first time - accepting that you need help. You may have tried for a long time to 'sort yourself out' or 'come to terms with how you feel' but asking for help isn't giving up, it's being bold and strong, and taking your health in your own hands.

Most people will start with their GP when seeking mental or physical health support, but looking into therapies or going straight to a counsellor or therapist can be the perfect option for some too.

[Mind](#) offers a superb selection of information and advice, with video clips about '[talking to your GP](#)' and 'what might happen at a GP appointment', as well as 'making sense of your options' and 'making yourself heard'.

- Prepare – write down what you want to say
- Ask for a longer appointment so there is time to talk
- Take a friend or family member with you if you like
- Tell the doctor how you are feeling – be honest and open
- Don't worry that your problems are too small or unimportant

Everyone deserves help. **Who me?** Yes YOU!

DEPRESSION

So what is depression? [Rethink Mental Illness](#) explains depression as:

- A long lasting low mood disorder affecting your ability to do everyday things and feel pleasure
- It is a worldwide recognised mental illness
- Across the population, depression affects one in ten
- Anyone can get it
- It is treatable

Depression (the most common mental illness) is described by doctors as being 'mild', 'moderate' or 'severe', and depending on what the symptoms are, will depend on how it is treated. People do go through periods of feeling down, but **when you're depressed, you feel persistently sad for weeks or months, rather than just a few days** (www.nhs.uk).



Helpguide.org reminds us that 'men are less adept at recognising symptoms of depression than women. A man may deny his feelings, hiding them from himself and those around him, or cover up the feelings with other behaviours'.

An **overview of depression** as published by [Rethink Mental Illness](#) says:

- You feel low, bad about yourself and don't want to do things
- It affects people in different ways
- If you think you might have depression you can speak to your GP
- It can be treated with medication and talking treatments, self-help techniques, peer support groups and coping strategies
- There are different reasons for depression but your upbringing, stressful events and your lifestyle could all have an effect
- If feeling low, try getting enough sleep and eat healthily – also keep active even if it's the last thing on your mind!
- There are different types of depression including clinical depression, depressive episode, reactive depression, dysthymia, seasonal affective disorder, manic depression and numerous others
- NHS.uk advises that thoughts of suicide or self-harm are symptoms of depression



Symptoms of depression are (rethink.org):

- Low mood
- Feeling sad
- Irritable or angry
- Less energy to do things
- Get tired easily
- Unsettled sleep

continued...

- Lose of interest and lack of enjoyment in activities you would usually enjoy
- Lack of concentration
- Loss of appetite
- Loss of self-confidence or feel guilty or worthless

How is depression diagnosed?

www.nhs.uk/conditions/clinical-depression/diagnosis/

- If you have experienced symptoms of depression for most of the day, every day for two weeks, the NHS suggests that you should see your GP
- Do speak to your GP if symptoms of depression are not improving
- Seek GP help if your mood affects your work, other interests, and relationships with your family and friends
- If you or someone you know are having thoughts of suicide or self-harm, do contact your GP immediately, but should you be unable to do so and there is **immediate danger** contact **999** or the Samaritans on **116 123**

Don't be afraid! Who me? Help is there.

We hear it time and again but **IT IS OK TO NOT FEEL OK!** Your GP is trained to deal with people who are suffering with depression – and it doesn't mean that you will automatically be put on pills if that is your worry! Speak to your GP – there are numerous non-medical options too, but do talk. As [Shout](#) relays, “**living with depression can feel hopeless and overwhelming and can affect your relations, work and everyday life. It can make simple tasks such as getting dressed and brushing your teeth feel like huge obstacles to get over each day. You don't have to go through it alone**”. Also, don't forget that depression could even be masking a physical illness, so a trip to the GP can help immensely.

Some ways to deal with your own depression

Depression doesn't just happen to one person. It isn't rare. It affects millions. All round the world.

- Recognising that you are depressed or starting to get depressed is a first step, but men tend to be less adept at recognising symptoms of depression than women. It's not the easiest thing to do, but don't 'tough it out' – do just **one** thing. **TALK**. Find someone you are comfortable to talk to. You are not being weak by talking about your feelings. And you may not realise it, but you are most likely communicating that you are not happy already, maybe by drinking or smoking more or being short-tempered and impatient
- If you don't want to speak to someone close, contact your GP (in fact, talk to them anyway). Get an appointment. **Talk**



- **Prioritise contact time** – face to face if possible. Use social media, send a text even ... Look at all the online support groups there are, and join in. Talking to someone you've never met before can be very cathartic, especially if they are having or have had a similar experience
- **Keep going with your social activities.** You may just want to curl up in a ball and go back to bed – don't! Get outside; keep playing squash or football or any activity you enjoy. If it involves other people, even better



- Do you have a **pet**? Keep focusing on them. They are your companion and love you regardless. They need you. Keep caring
- Look at ways to **support others**. It is uplifting to support someone else and a mood boost. Big or small, do something for someone else (volunteer NHS Responders currently needed – google it!)
- **Keep making contacts.** Email an old friend – take a little time to reconnect. You don't have to tell them what is happening in your life right now, but making the contact will help raise your spirits

- **Relax** – try mindfulness meditation (lots online and tonnes of apps)
- **Go outside** – especially when the sun shines or maybe get a light therapy (SAD) box if you are unable to get outside?
- Look at a daily **routine** and make sure your sleep is part of it. Aim for a full eight hours of zzzzzs and if this is impossible, there are again lots of apps and website offering good advice

How to deal with someone who has, or you suspect has, depression

Don't expect someone to walk up to you and say 'I'm depressed. I need your help'. They might, but more likely than not, you have been thinking that someone is acting out of character or just much quieter than usual, and you want to find out why.

- **How are you?** Don't worry about asking this simple question. But be prepared that the answer may be more complicated or that you may have to push for a more detailed answer. "Seems like you are having a hard time at the moment. What's up?"
- **Listen.** Let them know that you are there. Don't assume you know the answers or try to answer for them. Use active listening skills – remember that this isn't about you, it's about them! Ask questions, validate their feelings, show empathy. Ask open questions and don't be too pushy
- **Find support.** The person you are talking to may not even realise that they are depressed, and looking for support can be daunting, so help them. Encourage and support them. Suggest that you look for a local therapist and check that they are registered with a GP and suggest that they make an appointment to see the GP





- **On-going support.** Encourage them to keep up their on-going appointments even if they don't want to leave the house. Ask how the session went and when the next one is. If they're not happy on a medication (if given), suggest they request that it is switched (doctors are always prepared for this)
- **Self-Care.** You are important too and you may need support as supporting others can be draining. Recognise this and **set boundaries**. "If you need to call me, I'm free on this day and that day after this time, but I will call you on xxxxx at xxxx". Don't promise something you can't stick to and don't over commit yourself. Look after you too so you have time to recharge your own batteries!
- **Learn more** about depression so that you understand what is happening and the feelings involved. There are lots of links to website, articles and short films in this Newsletter

Organisations that can help support or give advice about Depression

For **URGENT help** outside of Helpline hours specified below, dial **999** or the Samaritans on **116 123** if you or someone else is in immediate danger.

Rethink Mental Illness

www.rethink.org

Rethink Mental Illness presents a huge wealth of online information on depression including genetic factors, hormones and chemicals, lifestyle factors and how other illnesses can cause depression.

www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/depression/?gclid=EAIaIQobChMI75is5Gd7AIVNYQBh0iXQ7KEAAYASAAEgJCv_D_BwE

Shout

www.giveusashout.org

Text **SHOUT** to **85258**

UK's free confidential 24/7 text support service

CALM

www.thecalmzone.net

0800 58 58 58 (daily 5pm to midnight)

Campaign Against Living Miserably (CALM) for men aged 15 to 35

Other articles about men's depression

What are the signs of depression in men? [Medical News Today](#)

Depression in men [Priory Group](#)

Depression in men [Beyond Blue](#) (Australia)

Depression in men [HelpGuide](#)

Depression in men [Psycom](#)

Men: Don't ignore signs of depression [Harvard Health Publishing](#)

STRESS

Stress doesn't discriminate, says the American Institute of Stress, it can affect anyone at any time. What does differ between men and women is how stress is managed. Women generally manage stress better than men and are not as likely to suffer from major depression relating to work-stress. Withdrawing socially when stressed, is more likely to be seen in men.

The Mental Health Foundation show that less than one in four men who have felt high levels of stress discuss this with a friend or family member, with men more likely to turn to alcohol, and almost one in three men in the UK reporting that they had started drinking alcohol or increased the amount of alcohol they drank when stressed.

So what actually is stress?

It's a little tricky to explain what the definition of stress is, but we all know what it feels like to 'feel stressed'!

[Mind](#) explains that if 'this is stressful' you may be talking or thinking about a situation or event that has put pressure on you, for example when there are lots to do and think about, or where you don't have much control over what is happening.



The NHS describes stress as "the body's reaction to feeling threatened or under pressure" and explains that "It's very common, can be motivating to help us achieve things in our daily life, and can help us meet the demands of home, work and family life".

Feeling stressed?

So a little stress can be good so that we get 'things' done, but too much stress can affect our body, our relationships and our mood. We can feel out of control, anxious and irritable. In the long term, excessive stress can lead to exhaustion – physical, mental and emotional.

Become familiar with the stressors – the 'things' that make you feel stressed. It's not always work, although this is generally a huge contributing factor, especially for men. Stressors could be relationships, social media, paying bills and rent/mortgage, bullying, the pressure to provide for your family, yours or someone else's illness, divorce – the list goes on, says mensmindmatters.org.

Signs and Symptoms of stress in men

Physical symptoms of stress include headache, constipation, high blood pressure, insomnia, diarrhea, heartburn, muscle tension and difficulty concentrating.

Psychological symptoms include anxiety, sadness or depression, irritability, restlessness and anger

Behavioral signs include over or undereating, drug and/or alcohol misuse, withdrawing socially, smoking (or more), gambling, grinding teeth, nightmares and disruptive or excessive sleep.

Breaking the Cycle of Stress and Weight Gain

The link between weight gain and stress has long been proven, a result of high levels of the stress hormone cortisol and/or unhealthy stress-induced behaviors, says [verywellmind.com](https://www.verywellmind.com). With stress, often comes sugar cravings and the circle begins. How can this circle be broken?



- Prioritise exercise
- Eat healthier comfort foods
- Focus on what you are eating with no distractions
- Write a food diary and monitor and review it regularly
- Drink more water
- Remember and enjoy the stress-relief strategies you've used before, like listening to music, going for a relaxing walk, building a model plane/train/car etc, woodwork etc

Tips to combat stress

NHS's [Every Mind Matters](https://www.nhs.uk/mentalhealth/mensminds)

- Split up big tasks – break them into easier and smaller chunks – and credit yourself for achieving them
- [Challenge unhelpful thoughts](#) – catch it – check it – change it

'Men's Minds Matters' suggests that the first step to reducing stress, is to admit that this is what you need to do, instead of continuing to push yourself. They advise the following as a way to de-stress:

- Recognise and deal with the problems. Talk to people to find solutions. Ask for help
- Take a break from the stressors and do something that you enjoy or that gives you peace and pleasure
- Do exercise to get rid of that built-up tension
- Get sleep so that your body can start to restore itself
- Pick the healthy food and drink option
- And how about some mindfulness relaxation or meditation?
- If a stressor is related to time, make sure you prepare as well as you can, leaving enough time for the task
- And don't sweat the small stuff!
- Remember that it is OK to say NO!





Support contacts for Stress

Samaritans

116 123

jo@samaritans.org

Anxiety UK

0161 227 9898

www.anxietyuk.org.uk

Stressbusting

www.stressbusting.co.uk

Lots of information all related to stress including many treatment option ideas such as acupuncture, CBT, laughter therapy, Tai Chi etc

Other Articles about Stress:

[Admit it, Men: You're Stressed](#) WebMD website

[Stress: Warning Signs](#) Men's Health Forum

[How Stress Can Cause Weight Gain](#) Very Well Mind

[Stress Symptoms in Men](#) Men's Minds Matter

MEN AND EATING DISORDERS

Andrew (Freddie) Flintoff, professional Cricketer (Lancashire and England) and Top Gear Presenter, shocked the nation a few years ago by bravely [talking about his eating disorder, bulimia](#). Previously more likely to be associated with women, eating disorders in men are very real, not so rare, and incredibly harmful to the body.



Shamed by the media and those around him for being 'fat', Freddie found himself in a secret, vicious circle of eating and purging, firstly to get his weight down, and then to enjoy the 'feel good' factor of the positive comments he received for losing the weight. A compelling, down-to-earth, honest interview broadcast on the BBC, Freddie details his journey with bulimia – what it is, how he came to start doing it and why (58:00).



Recently Panorama replayed their 2017 documentary '[Men, Boys & Eating Disorders](#)'. Nigel Owens, international rugby referee, as well as having his own battle with bulimia, talked to men, boys and their families about their experiences and the devastating impact of anorexia and bulimia (30:00).

Bereavement, work stress, sexuality, problematic relationships or body image struggles, aren't just for women, '[Beateatingdisorders.org.uk](#)' tell us. Studies show that about one quarter of sufferers are male (about 400,000 in the UK), but with the stigma of male eating disorders, the number could be a lot higher.

What to do if I have an eating disorder

- Talk – and talk soon. Don't sweep your concerns under the carpet. If you broke your arm, you'd go to the doctor – do the same for the best possible chance of making a full recovery
- Speak. Tell your best mate or your partner, or someone you feel close to and trust. Building a support system is incredibly helpful. Remember, you are not on your own!
- Get access to treatment as soon as possible. Contact your GP who will make the initial diagnosis and should coordinate your care (at least in the early stages of treatment) • Going to the doctor (how to be prepared): www.beateatingdisorders.org.uk/recovery-information/going-to-the-doctor

What to do if you're worried that someone may have an eating disorder

Beat Eating Disorders, the UK's largest eating disorder support body, offer lots of excellent advice on the following topics and much more:

- [Worried about a Friend or family member](#)
- [Worried about an Employee](#)
- [Tips on supporting somebody](#)

Support contacts for Male Eating Disorders

For URGENT help outside of Helpline hours specified below, dial **999** or the Samaritans on **116 123** if you or someone else is in immediate danger.

Beat Eating Disorders

www.beateatingdisorders.org.uk

Comprehensive support and information for sufferers and their supporters, covering bulimia, anorexia nervosa, binge eating disorder, avoidant/restrictive food intake disorder and others.

Online Chat (6:00pm to 8:00pm)

www.beateatingdisorders.org.uk/sanctuary

Helpline (free & confidential)

0808 801 0677 Adult

0808 801 0711 Youthline

0808 801 0811 Studentline

Helplines are open 365 days a year from 9am to 8pm Mon to Fri, 4pm to 8pm at weekends & bank hols

Bolster (weekly coaching)

<https://www.beateatingdisorders.org.uk/support-services/myself/telephone/bolster>

There are also chat rooms and message boards for online support

Online articles and links relating to Male Eating Disorders

[The secret world of male anorexia](#) The Guardia

[Eating Disorders](#) Rethink Mental Illness

[Eating Disorders](#) NHS

[Boys and Men get eating disorders too](#) Practical Diabetes

[Understanding Men's Anorexia](#) Men's Fitness



APPS that support mental health

WellMind

Free NHS mental health and wellbeing app designed to help with stress, anxiety and depression

MoodMission

Evidence-based app to help empower overcome feelings of depression and anxiety by discovering new and better ways of coping

Pacifica

Support to help improve stress and anxiety

SAM

App to help you understand and manage anxiety

What's Up?

Methods to help cope with depression, anxiety, anger, stress & more

Headspace

App for meditation, mindfulness, sleep and health & fitness

Calm

For Sleep, Meditation and Relaxation – to help lower stress, sleep better, lessen anxiety

Calm Harm

Reduce urges to self-harm and manage emotions in a more positive way

Catch It

Learn to manage negative thoughts and look at problems differently

Cove

Being tested by NHS (Apple only). Create music to reflect emotions like joy, sadness and anger to help express how you feel

Distract

Quick and discreet access to information and advice about self-harm and suicidal thoughts

My Positive Self

Learn how to manage fear, anxiety & stress, & tackle unhelpful thinking

Stress & Anxiety Companion

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts

WorryTree

Notice, record and manage your worries using cognitive behavioural therapy techniques

APPS to support people with eating disorders

[Recovery record: Eating Disorder Management](#) For managing recovery from a variety of eating disorders. Meal logs, thoughts and feelings, coping tactics, recovery goals etc

[Rise UP + Recover](#): An Eating Disorder Monitoring and Management Tool for anorexia, bulimia, binge eating, and EDNOS

Other Mental Health Support contacts

MIND

www.mind.org.uk

Provides advice and support to empower anyone experiencing a mental health problem. MIND also campaigns to improve services, raise awareness and promote understanding of mental health.

SANeline

www.sane.org.uk

0300 304 7000 daily 4.30pm to 10.30pm or 07984 967 708, leaving first name & contact to get a call back

support@sane.org.uk

SANeline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers

Shout

www.shout.org

Text **SHOUT** to **85258**

Covers issues such as: Depression, anxiety, abuse, panic attacks, suicidal thoughts, self-harm, relationship problems, bullying

POEM

Are you there for him?

#thereforhim

For the boy
Who doesn't fit the mould
Who'd rather read
Than play in goal

Who's nervous, shy,
A gentle soul
Don't say, "be a man"
Just be there for him

Or the teen
Who's told he's too fat, too thin
Who's teased, picked last
Can never win

Who feels like they
Just don't fit in
Don't leave him out
Just be there for him

And the dad-to-be
Who must stay strong
When another pregnancy
Goes wrong

Who holds it in
For far too long
Ask how he is
And be there for him

Or the working father
Staying late
To put food
On his family's plate

When pressure builds
And becomes too great
Would it help him to know
That you're there for him?

To the full time dad
The only guy
In a sea of mums
Who float on by

Without a glance
Or even a hi
Don't leave him out
Just be there for him

'Cos all it takes
Is one kind word
To make a dark day
Seem less blurred

Don't keep it in
Don't stay unheard
So ask, listen, talk,
And be there for him.

<http://youthedaddy.co.uk/2018/05/11/dads-mental-health/>

Men speak up

By Akin Olunsanya

My soul is burdened, seems like I'm in the dark
Trapped,
And my mind, overwhelmed
A man with great pride
Had all, lost all,
Everything in me yelling for help
Remember growing up
as a young male,
the world telling me
Always be strong
Now I'm down on life's luck
A man going on to thirty four
With no navigation to weather the storm
Lost
Strange, now I'm losing my sleep
No more appetite to eat
My once good health
Failing me
Anxiety. Depression, bipolar personality disorder,
Schizophrenia ...
C'mon fellas,
These are very real
My admonishment therefore is to men:
Let's all speak up, rise, seek help
Get counselling, embrace therapy
Know that MIND cares

Written for Mind as part of Mental Health Awareness Week 2018, this poem by Akin Olunsanya asks men to stop ignoring the reality of mental illness and find the courage to speak up.

<https://happiful.com/7-poems-that-teach-us-about-mental-health/>