

# international MEN'S DAY UK

19 November

International Men's Day, held this year on November 19th, 2024, celebrates men's positive contributions and achievements while addressing important issues affecting men's health, well-being, and gender equality. This day provides an opportunity to promote discussions and actions that support men's physical and mental health, encourage positive role models, and advocate for a more inclusive society.

international  
MEN'S DAY UK 2024



If you are a man who needs support, please reach out to the brilliant helplines and charities that will:



- Take you seriously
- Believe you
- Support you



YOU CAN FIND HELP AT:

w: [www.ukmensday.org.uk](http://www.ukmensday.org.uk)

e: [contact@ukmensday.org.uk](mailto:contact@ukmensday.org.uk)

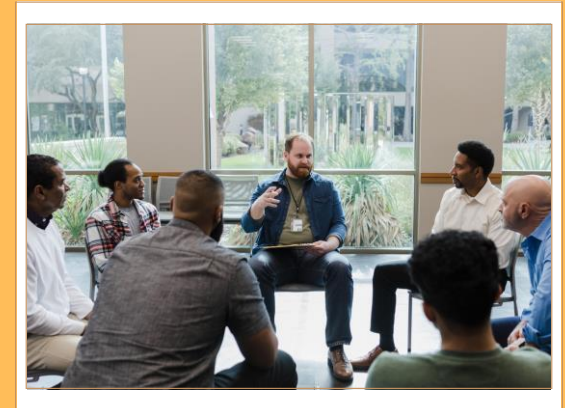


In the past, men have been told to 'man up' and haven't been listened to, discouraging them from asking for help.

Role models provide healthy, good examples to help develop good mental health and positive behaviours. That is why men need to see others reaching out and asking for help or making healthy habits to promote their well-being.

## What does the research say?

When compared to women, over a third of men are less likely to access professional talking services for their mental health. They are also known to experience difficulties with their mental health for, on average, 2 years before talking to family and friends about it.



However, new research shows that these trends are starting to change. Compared to 10 years ago, men are now three times more likely to seek support (Mind, 2020).

Healthy  
Minds

**NHS**  
Sheffield Children's  
NHS Foundation Trust



## How to talk to men and boys about their wellbeing

Starting a conversation with anyone about their well-being can feel challenging, especially with men and boys, but it doesn't have to be. This resource aims to offer some guidance on how you could do this.

The simple act of sharing our experiences and feeling acknowledged can easily be overlooked. However, even if you can't solve the person's problems, making them feel recognised and understood could be enough.

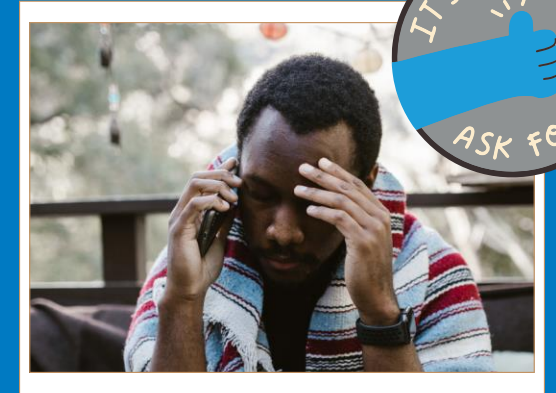
To help you, you could think about when and where the best time to have the conversation is. For example, car journeys or walks are good places to start a private conversation.

Included below are some useful tips and examples of phrases to help you to navigate difficult conversations.

1. Ask open-ended questions.
  - Encourage them to share their thoughts and feelings
  - 'What's been on your mind?'
2. Respond by validating their feelings.
  - 'I understand why you felt that way.'
  - 'I can see that really upset you'
3. Respect their boundaries.
  - Let them know that you are there when they're ready
  - 'We can come back to this conversation if you would like.'
4. Pay attention to what they are saying.
  - Stay focussed and try to avoid distractions
5. Understand, that silence is okay.

## Further Support

For free, confidential support, anyone can call [Samaritans](#) helpline 24/7 at **116 123**.



Anyone can call **111** for free, press 2 to speak to a mental health worker.

You can also contact your GP or your child's school if you would like to discuss support options for you or your child's well-being.

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