

International Men's Day

19 November 2024

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What is this event?

An informal opportunity to discuss current challenges in male health with peers, members of the Student Wellbeing Service and representatives from Andy's Man Club. Whether it is for yourself or to support someone you know, join us to play darts, have a cuppa, and get information on supports focused on anyone who identifies as male.

Why are we doing it?

Personality traits often associated with men, cultural influence or pressures, socio-economic challenges and a lot of other intersecting factors have led to men being **reluctant to talk about emotions**. When faced with health challenges, often men can feel shame and defeat, don't acknowledge distress, or engage with **unhealthy coping mechanisms**.

- 75% of people who died by **suicide** in 2021 were male (Public Health Scotland).
- Men are less likely (36%) to **access psychological therapies** than women (Mental Health Foundation, 2021), even though men can have access to help that meets their preferences and is easy to access (Samaritans, 2021).
- Men are three times as likely as women to become dependent on **alcohol** and to report frequent **drug** use (Mental Health Foundation, 2021).

Let's Talk
Mental Health & Wellbeing

men's Health

Did you know?

3 Men are now almost 3 times more likely to see a therapist if they're worried, compared to 2009.

The number of men experiencing suicidal thoughts has doubled since 2009.

Men are more likely to drink alone, go to the pub with friends, or take recreational drugs to relax when feeling worried or down.

Gay men are twice as likely and bisexual men three times as likely as the general population to report having a longstanding psychological or emotional problem.

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- **Gay** men are twice as likely (10.9%) and **bisexual** men three times as likely (15%) as the general population to report having a longstanding psychological or emotional problem (Stonewall, 2018).



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More and more men are accessing support; there's been significant improvement over the last decade, but there's still a lot of ground to cover. Men are now almost 3 times more likely to see a therapist if they're worried, compared to 2009 (Mind, 2020). It's **not always easy to talk about challenges;** we hope that by providing a safe space to raise awareness, we can contribute to more men finding it easier to reach out to friends, family, support services, and the Student Wellbeing Service when they need someone to talk to.



19 November @ 11-2
Nucleus Foyer



Worth a look

- Men and Suicide: why it's a social issue: [Men-and-Suicide-Report-Samaritans.pdf](#)
- Talking tactics: [Talking tactics: Brian Graham \(youtube.com\)](#)
- [Mental health: including men at the margins \(healthandcare.scot\)](#)

Where can you get more support?

- **Crisis support:** [Support in a crisis | The University of Edinburgh](#)
- **Support Services:** [Wellbeing services | The University of Edinburgh](#)
- **Student Wellbeing Service:**
 - Referral: [Referral form | Student Wellbeing Service \(ed.ac.uk\)](#)
 - Drop-ins: <https://outlook.office365.com/owa/calendar/StudentWellbeingServiceAppointment@uoe.onmicrosoft.com/bookings/>
- **Information:**

- Men's Health Forum: [Men's Health Forum \(menshealthforum.org.uk\)](https://menshealthforum.org.uk)
- Mental Health Foundation: [Mental Health Foundation | Everyone deserves good mental health](https://www.mentalhealthfoundation.org.uk)
- iThrive Edinburgh: [iThrive | Edinburgh Mental Health and Wellbeing \(ithriveedinburgh.org.uk\)](https://ithriveedinburgh.org.uk)
- **Peer Support:**
 - [MEN MATTER SCOTLAND](https://www.menmatter.scot)
 - [Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club \(andysmanclub.co.uk\)](https://andysmanclub.co.uk)
- **1-1 support:**
 - CALM: [I'm struggling | Campaign Against Living Miserably \(CALM\) \(thecalzone.net\)](https://thecalzone.net). Helpline, Live chat, WhatsApp available 5pm-Midnight
 - Samaritans: [Contact Us | Samaritans](https://www.samaritans.org). Helpline available 24/7
 - Breathing Space: [Breathing Space is a free confidential service for people in Scotland. Open up when you're feeling down - phone 0800 83 85 87](https://www.breathingspace.org.uk). 6pm Friday – 6am Monday; 6pm to 2am Monday – Thursday.
 - Shout: [Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | Shout 85258 \(giveusashout.org\)](https://giveusashout.org). 24/7 text support service.
 - LGBT Youth Scotland: [Home - LGBT Youth Scotland](https://www.lgbtyouthscotland.org). For anyone 13-25 years old. One to one support with a youth worker, youth groups, live chat, and online community.
- How to have a conversation with your **GP** about your mental health:
 - Register with a GP: [Register with a GP/doctor | The University of Edinburgh](https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/attending-a-gp-appointment)
 - Speaking to a GP: [samh.org.uk/about-mental-health/self-help-and-wellbeing/attending-a-gp-appointment](https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/attending-a-gp-appointment)