

This week marks Men's Health Week. This campaign is run by the Men's Health Forum (MHF). MHF is an independent charity that aims to help men by tackling inequalities and issues affecting their health.

Men tend to be more likely to suffer in silence due to stereotypes and unrealistic expectations. However, it doesn't have to be that way. It is no secret that a stigma continues to exist regarding men's mental health. Sadly some men may feel uncomfortable about discussing their problems openly.

Whilst the topic is becoming more prevalent with more awareness campaigns being run, there is still work to be done to help men feel comfortable enough to speak out about any health issues or their mental health.

The evidence suggests that men remain less likely to visit their GP, visit a pharmacy or attend a dental check up. This week, we would encourage you to reflect on the benefits of removing the barriers to using health care, mental health and preventative care. Some considerations may be:

- Ask for support if you need it
- If you notice any unusual symptoms, then don't wait to visit your GP
- Keep up with routine appointments to maintain your health
- Remain in dialogue with family and friends and keep up a social calendar
- Eat regularly and healthily
- Exercise regularly
- Ensure you are getting enough sleep
- Invest time in your hobbies and interests

The aim of the awareness week is to remove the perceived barriers, encourage our men to reach out and make the most of the support available.

Please remember that our Employee Assistance Programme which is provided by Health Assured remains available to all our employees. Health Assured can provide support on a wide range of wellbeing issues.

Health Assured can be contacted 24/7 on 0800 028 0199 where professionally qualified counsellors are available to take your call and provide confidential advice and support on any issue that may be concerning you. There is no cost to you for accessing the service.