

FIGHT THE SILENT EPIDEMIC

MEN'S MENTAL HEALTH MATTERS

Strength is speaking up. Courage is checking in. Recovery starts with one honest conversation.

THE SIGNS ARE NOT ALWAYS OBVIOUS

WITHDRAWING Pulling away from friends, family, or usual activities	**MASKING** Saying "I'm fine" while struggling underneath
CHANGING Sleep, appetite, focus, anger, or alcohol use shifting	**LOSING HOPE** Feeling trapped, numb, worthless, or like a burden

START THE CONVERSATION

ASK: "How are you—really?" LISTEN: without judging or rushing to fix it. STAY: keep checking in. CONNECT: encourage support from a GP, counsellor, or trusted service.

DON'T MAN UP. OPEN UP.
Talk. Listen. Stand together.

Take action today: check in with one man in your life—and mean it.

24/7 Confidential Helpline- 08008 807 373
helpline@sixmha.org

www.sixmha.org
Scan for the SIX MHA App - LVZ-489-754

Need urgent help? If someone is in immediate danger, call 999 or go to A&E. Otherwise, contact a GP or a trusted mental health support service.