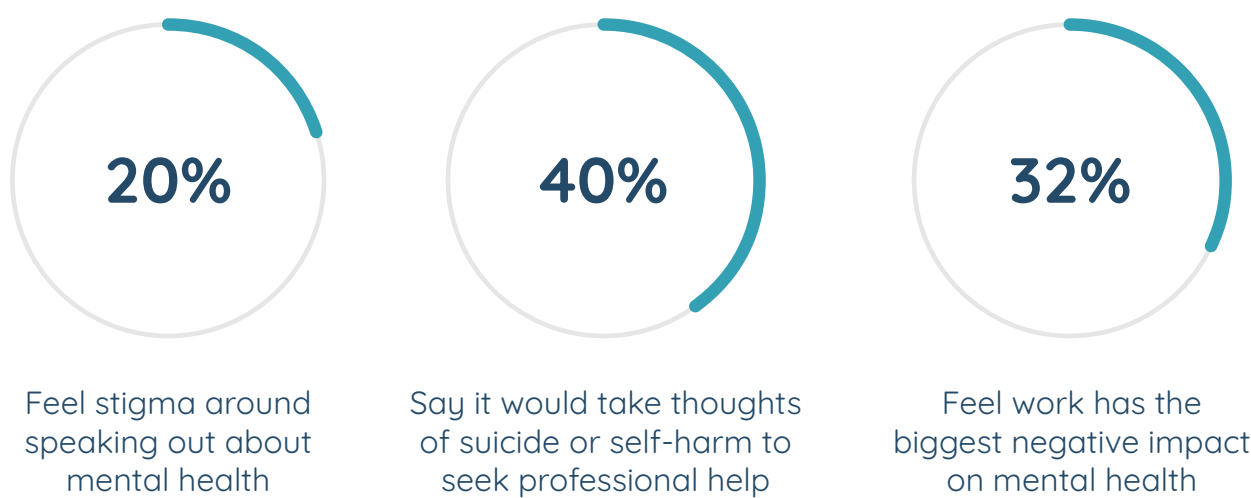


Men's mental health in the workplace:

Why it matters

Sadly, men are at higher risk of suicide, with men aged 40 to 49 having the highest suicide rates in the UK. More needs to be done to open up the conversation surrounding men's mental health to break stigmas and **encourage open communication**.

Men's health in the workplace – at a glance

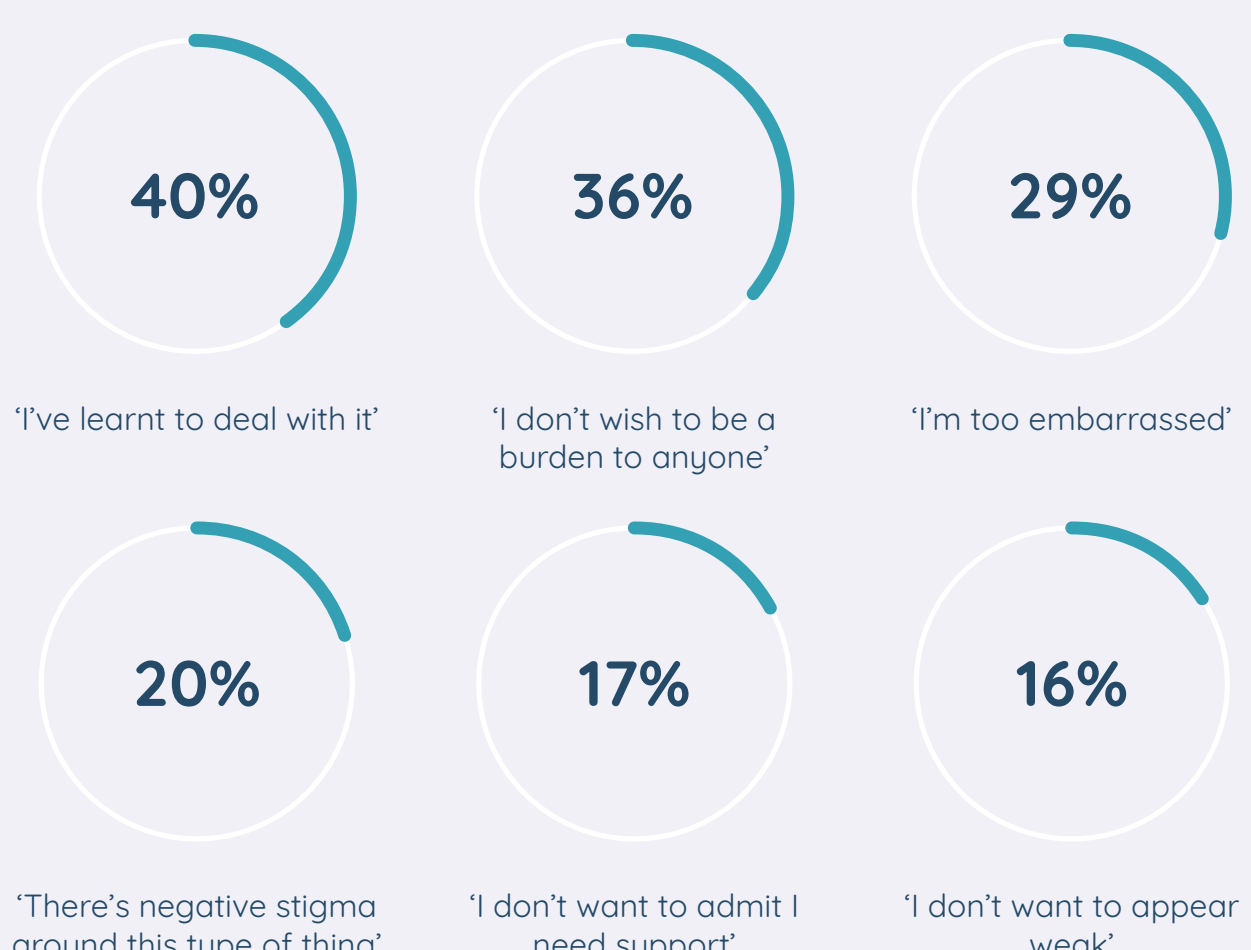


What are the biggest contributing factors to poor mental health in men at work?



Why men don't talk about their mental health

According to a study by Priory Group, these were the **underlying reasons** why men didn't want to speak out:



How to break the stigma of mental health for men in the workplace

- Normalise vulnerability
- Celebrate coming forward
- Challenge toxic masculinity and stereotypes
- Make support visible for all
- Schedule regular 1-to-1s
- Address stigma head on
- Promote self-care
- Check-in on stress levels and deadlines
- Run awareness events surrounding men's mental health

Sources

<https://www.mentalhealth.org.uk/explore-mental-health/statistics/men-women-statistics>

<https://www.priorygroup.com/blog/40-of-men-wont-talk-to-anyone-about-their-mental-health>

<https://www.thegraduateproject.co.uk/news/2024/06/three-ways-employers-can-support-mens-mental-health-in-the-workplace/183>