

WHY IT'S IMPORTANT FOR MEN TO TALK OPENLY ABOUT THEIR MENTAL HEALTH

1. It helps to break down the stigma attached to mental health.

2. It encourages other men to talk about how they are feeling and what they are thinking.

3. Talking can help men to maintain positive mental health habits.

4. Talking openly can help men to feel more supported.

5. Talking openly can help men to deal with challenging and difficult times.

6. Talking openly with others can help men to problem solve.

7. By talking openly you can get the right support from family and friends.

8. Talking might provide someone else with the confidence to seek out support.

 Call Centre 0860 102 555

 WhatsApp 021 518 1120

