

North  
Edge.

● INTERNATIONAL  
**MENSDAY**

November 19



[northedge.com](http://northedge.com)

# Starting the conversation on men's mental health

[International Men's Day](#) is an opportunity to remember the importance of managing our own mental health and how we can support those around us.

Mental health concerns are growing every year and it's reported that one in four of us are struggling with some form of mental health issue. Unfortunately, common mental health problems can also be linked to rising suicide rates in males. It is often said that a factor in this is that men don't talk.

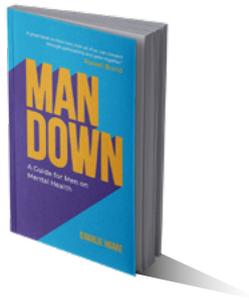
- ▶ Around **4,500** male lives are lost to suicide in the UK every year
- ▶ Suicide remains the single biggest killer of men under the age of **45**
- ▶ Men are **less likely** to access psychological therapies than women



International Men's Day serves to highlight the importance of breaking the stigmas surrounding mental health issues and to encourage men to start talking about their mental health and wellbeing.

# Resources

There are lots of resources and tools to help us support and improve men's mental health, we have included a few examples below selected by the NorthEdge team:



- ▶ **Book** – Man Down: A Guide for Men on Mental Health by [Charlie Hoare](#)

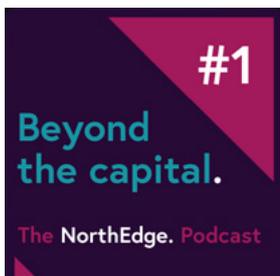
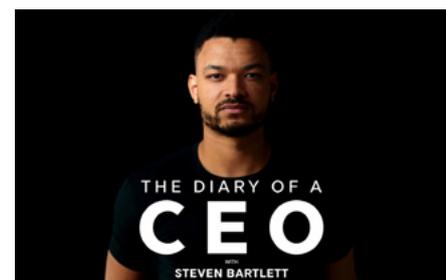


- ▶ **Book** – This Book Could Help: The Men's Head Space Manual by [Mind and Rotimi Akinsete](#)



- ▶ **Podcast** - [Man Talk: Tackling Mental Health](#)

- ▶ **Podcast** - [The Diary Of A CEO](#)



- ▶ **Podcast** - NorthEdge Beyond the Capital: [Mental health in the workplace](#)

# Resources



- ▶ **Podcast** - That Peter Crouch Podcast: [Prince William talking about the importance of mental health](#)

- ▶ **Podcast** - International Men's Day 2020: [A dialogue on the most striking issues men and boys face nowadays](#)



- ▶ **Documentary** – YouTube: Man Up series
  - Part 1** - [What does masculinity mean to modern men?](#)
  - Part 2** - [How do men battle against depression & suicidal thoughts?](#)
  - Part 3** - [How do men battle with body image?](#)

- ▶ **Short Documentary** – BBC iPlayer: [It's tough being a man](#)



- ▶ **Documentary** – BBC iPlayer: Roman Kemp - [Our Silent Emergency](#)

# Andy's Man Club

## #ITSOKAYTOTALK

Andy's Man Club runs talking groups for men across the UK to support those struggling with mental health issues and to lend a hand to suicide prevention.

Co-founded by award-winning mental health campaigner and motivational speaker, Luke Ambler, the club was set up in the wake of Luke's brother-in-law, Andy Roberts, tragically taking his own life in 2016. Not wanting other families to go through what they had, Luke and Andy's mum set up the club to encourage men to talk more openly about their mental health.

With clubs running up and down the country and some weeks seeing in excess of 1,000 men attending, the team hope they can spread the message that it's ok to talk.

We're thrilled that Luke was able to join us on International Men's Day this year to help us start the conversation on men's mental health in our own business and across our portfolio.

You can find out more about Andy's Man Club and view the club locations here:  
<https://andysmanclub.co.uk/>



At NorthEdge we are increasingly sharing learnings and best practice across our portfolio, ensuring that we prioritise and normalise the conversation on mental health and wellbeing.

Let's continue working together to keep talking, supporting and learning about this increasingly important area.





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Mental health matters.



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