



# Movember 2023

“He’s talking, but are you listening?”





stem4 was founded in 2011  
by Consultant Clinical Psychologist  
Dr Nihara Krause

## stem4's 5 free apps



CALM HARM



CLEAR FEAR



MOVE MOOD



COMBINED MINDS



WORTH WARRIOR

[stem4.org.uk/apps](https://stem4.org.uk/apps)



proudly supporting

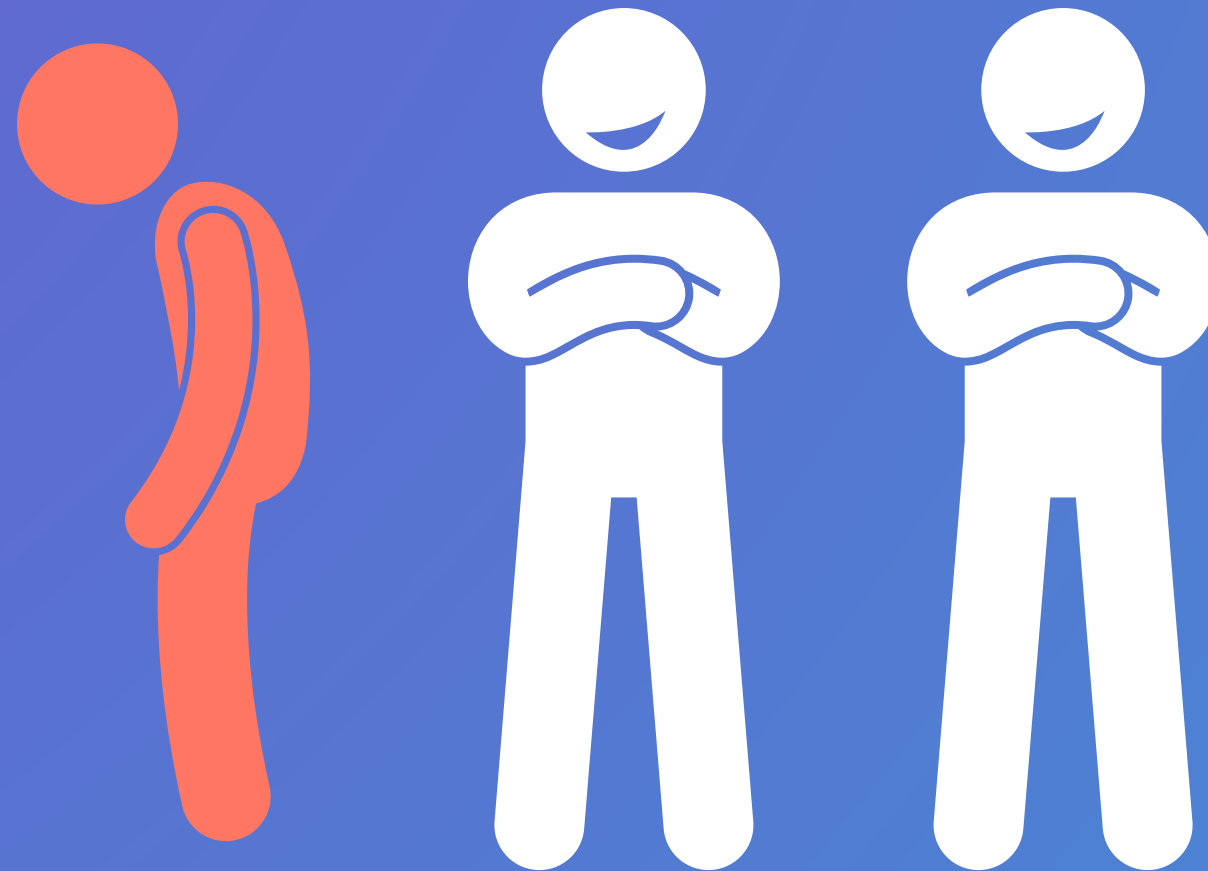


**MOVEMBER®**

# stem4 2022 survey

[https://stem4.org.uk/toxic-masculinity-stopping-boys-seeking-mental-health-support-survey-finds/?utm\\_source=rss&utm\\_medium=rss&utm\\_campaign=toxic-masculinity-stopping-boys-seeking-mental-health-support-survey-finds](https://stem4.org.uk/toxic-masculinity-stopping-boys-seeking-mental-health-support-survey-finds/?utm_source=rss&utm_medium=rss&utm_campaign=toxic-masculinity-stopping-boys-seeking-mental-health-support-survey-finds)

Over 1/3 boys and young men aged between 14-21 said they were currently experiencing mental health difficulties.



# stem4 2022 survey

[https://stem4.org.uk/toxic-masculinity-stopping-boys-seeking-mental-health-support-survey-finds/?utm\\_source=rss&utm\\_medium=rss&utm\\_campaign=toxic-masculinity-stopping-boys-seeking-mental-health-support-survey-finds](https://stem4.org.uk/toxic-masculinity-stopping-boys-seeking-mental-health-support-survey-finds/?utm_source=rss&utm_medium=rss&utm_campaign=toxic-masculinity-stopping-boys-seeking-mental-health-support-survey-finds)

Almost half would not ask for help for a problem that was making them upset, anxious or depressed, “even if things got really bad.”



# Talking about mental health

It's not always easy to talk to someone about your mental health, but sharing how you're feeling can help you feel supported and less alone.





# Conversation starters

'I've not been myself lately.'

'I've not been holding up that well under all the pressure I've been under.'

'Do you think you could help me find some help to be less stressed/ anxious/depressed?'

'I've been low in mood recently.'

'I've not been on top of the world recently. In fact I've been quite down.'

'I'm not dealing well with (...) and would benefit from talking to someone. Do you think you might be able to help me find some names or tell me what I need to do?'

'I've been sleeping really badly recently because I've been overthinking. I think I need some professional support.'



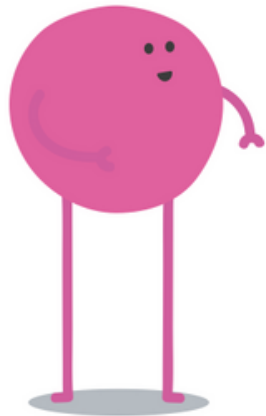
Are you even listening?



FRIENDS  
WATCH

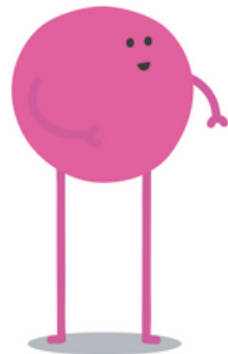
## 1. Talk

Heh? Hmmm



I'm a little worried, you don't seem yourself

I could talk to Mr H



## 2. Offer

I'll go with you

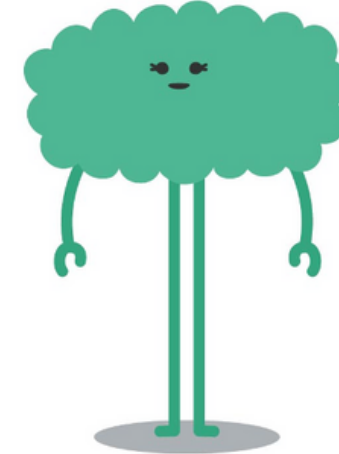


need some help



## 3. Tell

Tell me about it



## 4. Look after yourself too

Let's play some Xbox



That will be awesome



These characters are from stem4 mental health apps

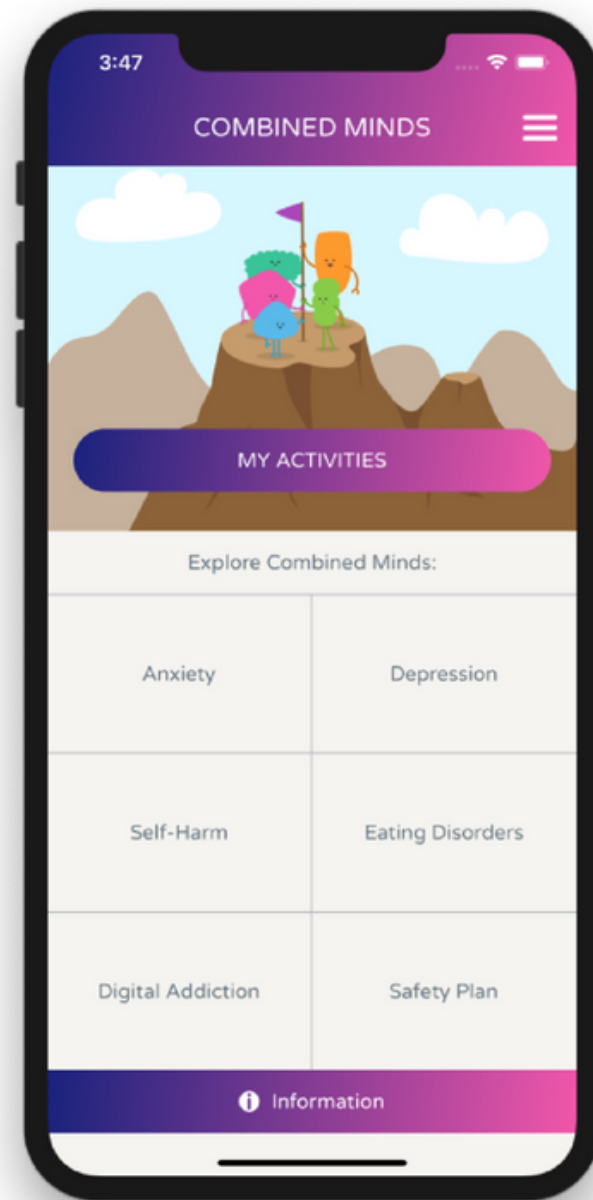
# 1 minute task

Ask a friend how they are going to listen this Movember

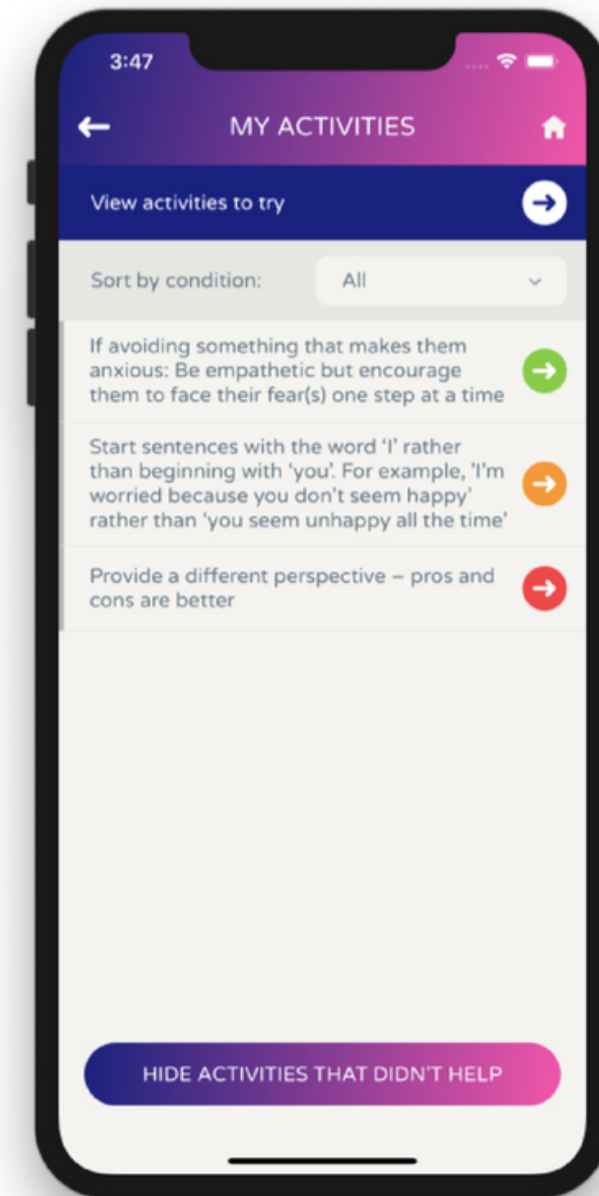


Then swap and tell them how you will listen.

# Combined Minds app



COMBINED MINDS



# Stay up to date with stem4



@stem4org



@stem4org



@stem4



@stem4

Take a look at the stem4 and Movember website:

[stem4.org.uk](https://stem4.org.uk)

<https://stem4.org.uk/movember/>



<https://stem4.org.uk/movember/>

@stem4org



# Thank you for listening!

