



SUPPORT MALE MENTAL HEALTH WITH STEM4 THIS NOVEMBER

2021

Introduction

About Movember

- Every November, the charity Movember devotes the month to raising awareness and funds for key issues affecting mens' health. For Movember 2021, the focus is on three areas:
 - Mental health and suicide prevention
 - Prostate cancer
 - Testicular cancer

(head to <https://uk.movember.com> for more information)

- stem4 is supporting Movember this year by providing resources and contributing to the conversation around male mental health, which we hope you will join us in, too.

About Male Mental Health



Mental ill health affects all, it does not make choices. Engaging boys and men in taking steps to recognise and accept early intervention has got to be a focus moving forward if serious mental illness and tragic consequences are to be prevented. To do this, we need to convey to boys and men that it's no shame to admit to a mental health issue, just as they wouldn't find it embarrassing to admit to having a physical health problem.

(From Dr. Nihara Krause)

Some stats:



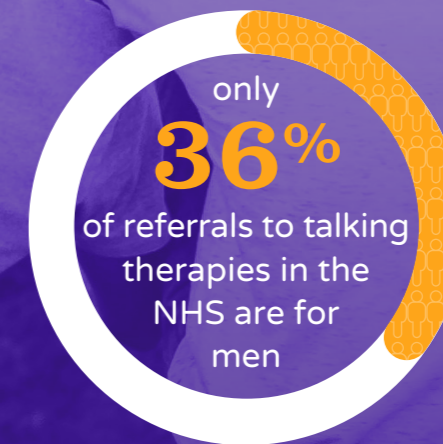
source: <https://uk.movember.com/about/mental-health>



1 in 8

men in England have a common mental health problem

source: <https://www.mentalhealth.org.uk/a-to-z/m/men-and-mental-health>



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

What's in this booklet?

- Ways you can support male mental health on social media this month
- Discussion points and how to get started on talking about a mental health issue
- Further resources

Social Content

Join stem4 in promoting the discussion around male mental health this month. Here's how...

Profile Picture Frame

- File size: 2048px sq.
- File format: png

How to use:

- For an easy way to show support for Movember this month, you can download the selection of profile picture frames available in our Movember social media pack.
- Simply click to update your Facebook profile picture, select the option to add a frame over your current photo, and take your pick from the three frames available in this pack.



Social Header Banner

- File size: A. Facebook 851x315px // B. Twitter 1500x500px
- File format: JPEG

How to use:

- Why not update your banner on Facebook or Twitter for Movember?
- Help contribute to the conversation around male mental health and encourage the boys and young men in your life to get talking by displaying one of the banners available in this social media pack.
- There are three to choose from for both Facebook and Twitter.

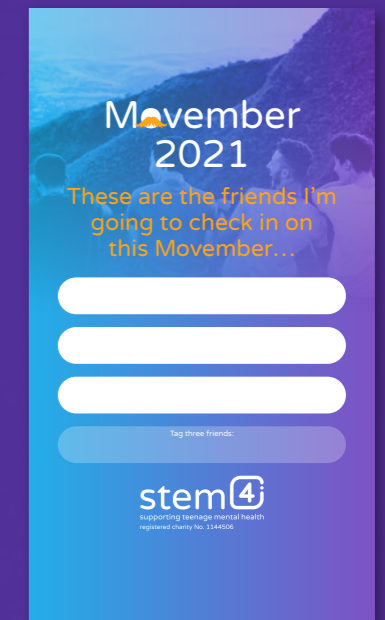


Stories Template

- File size: 1080x1920px for Instagram, Facebook and Snapchat
- File format: JPEG

How to use:

- You can tag your friends in the stories templates available in this social media pack and get a conversation going about male mental health.
- Add your own comments to the prompt in the template, using the three blank spaces provided, and then tag some friends to join in below.
- By sharing messages such as these, together we can help boys and young men feel more comfortable discussing and acting on their mental health issues.

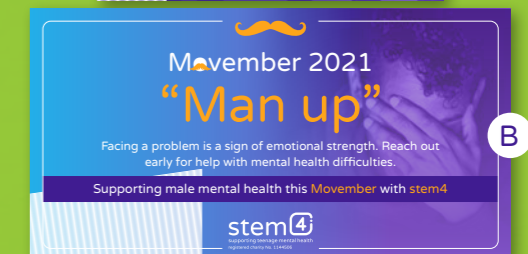


Social Tiles

- File size:
 - A. Instagram 1080px sq.
 - B. Facebook 1200x630px
 - C. Twitter 1024x512px
- File format: jpeg

How to use:

- Show your support for Movember in your social feed by posting some of these pre-made designs.
- We have plenty for you to choose from, so you can find one that resonates with you and share the positive message with your followers.
- Make sure to tag @stem4org in your posts—we'd love to see them!



Discussion Points

Let's get talking...

1. Parents and Boys:

- What have you enjoyed this week?
- What's caused you any worry this week?
- What do you do during breaktime? Who do you spend your time with?
- Who are your friends? What do you most enjoy doing with them?
- Does bullying happen in your school? Have you seen anyone being bullied?
- What makes you happy?
- If you could change one thing to make you happier, what would that be?
- If you were worried, what would you do?
- Do you know who you could talk to about a worry or concern at school/home?
- What could you do if the person you talk to doesn't listen?



Want to join in the discussion online? Head to www.stem4.org.uk/movember to submit your answer* to one of the following questions:

- What would you say to your teenage self about looking after your mental health?
- What would you like a friend to ask you about your mental health?

*Your responses can be anonymous.

2. Parents and Young Men:

- What do you find enjoyable about growing older / becoming an adult?
- What have you found challenging or difficult about growing older / becoming an adult?
- What are you most looking forward to this week?
- What are you worrying about this week?
- If you could change one thing about how you have dealt with or are dealing with your mental health, what would it be?
- When things trouble you, what do you tend to do?
- How would you support yourself or a friend when you/they are going through an emotionally difficult time?
- Do you know who you could approach if you wanted to find out about mental health support for yourself or a friend?
- What would you find difficult if you had to approach someone about your mental health? What about if you had to approach someone about *their* mental health?
- Not everyone finds talking easy. How else could you approach someone you trust about your mental health?

3. Friends:

Worried about a friend? Here are some ways in which you can start a conversation:

- I've noticed [...]. Would you like to talk about it?
- I can see you're not ready to talk at the moment. Think about it and I'll ask you again tomorrow.
- I'd like to help you with how you're feeling at the moment. What do you think might help?
- Have you noticed any ways in which your mental health affects your physical health? What steps would you like to take to put this right? I'd like to help.
- Are there any signs when you're finding things difficult that I should be aware of?
- How are you doing? Really?
- I'd like to find out more about how you're feeling. Is there anything I can read or find out about it that might help?
- If you're worried about talking to someone, I could come with you as support.
- Let's set up doing something together more regularly.

4. Teachers and Pupils:

Teachers*, here are some topics for discussion in school/college throughout Movember that you might like to try:

Q: Do you think there are gender differences in how mental health is experienced?

A: The focus should be that we all experience the same types of mental health issues, but there may be gender differences in how they are expressed and managed.

Q: How might you notice that your mental health is being affected negatively?

A: Sleep and eating changes, getting stressed very easily, detaching from friends, not enjoying things you used to, drinking too much, work piling up...

Q: What would you do if you were worried about your own or a friend's mental health?

A: Have a chat, persist, catch things early, share concerns with other supportive friends, talk to a teacher / parent / older sibling / someone else who has experienced the same, check a trusted website such as www.stem4.org.uk, read the stem4 'Asking for Help Booklet'...

Q: What are your views on the 'man up' statement which infers that you need to be strong emotionally and cope on your own?

A: Explore historical/cultural perspectives, friends and their influence, worries about the consequences of telling someone they are not coping, the definition of 'strong' in the context of mental health...

You could also share your school's views on supporting all students' mental health, who students can go to formally (pastoral support team), but also who students can approach informally (head of year, maths teacher) if they feel they are easier to talk to.

* Please ensure that students are aware of the school/college's confidentiality policy when discussing these topics.

5. COVID19 Impact Discussion Points:

The pandemic has been hard on everyone, which is why it's more important than ever to get talking about how each person has been affected. Here are some ideas on how to get that conversation going:

- In what ways has the pandemic been difficult for you? If you're stuck, think of whether there have been any changes in your relationships with your family or friends, or what it was like to miss school and not attend your favourite club/team.

- What emotions have you felt most over the last year? Name as many as you can.

- In what ways did the pandemic negatively impact young people, and what were you able to do to manage these challenging impacts?

- Are there any consequences of the pandemic that still affect you now in terms of mental health? (e.g., friendship changes that have left you feeling sad, sleep changes, eating changes over the pandemic that are now having adverse effects on your health...)

- Do you feel able to reach out and ask for support based on impacts of the pandemic, or do you feel that it's behind you and you need to just get on?

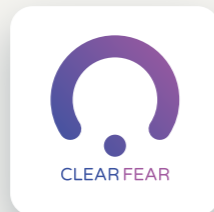
Some Helpful Resources

'Asking for Help' Booklet: a handy guide for young people that provides tips on ways to develop positive mental health, and practical advice on how to reach out for help. <https://stem4.org.uk/wp-content/uploads/2020/06/Tesco-Booklet-Web-Version-2.pdf>

stem4 Apps:



Calm Harm is a free app to help teenagers manage or resist the urge to self-harm.



Clear Fear is a free app to help young people manage the symptoms of anxiety.



Move Mood is a free app to help teenagers manage symptoms of depression.



Combined Minds is a free app to help families and friends provide mental health support.

Download today



Please note that none of the stem4 apps substitute for seeing a mental health professional / GP. Please see a suitably qualified professional for assessment and advice on treatment.

Useful Contacts

Helplines

- **Childline — 0800 1111**
(for anyone under 19 years old; free to call; available 24/7)
- **Samaritans — 116 123**
(for all ages; free to call; available 24/7)
- **Switchboard — 0300 330 0630**
(LGBT+ helpline; calls cost the same as those to 01 and 02 numbers; available 10am-10pm every day)
- **Shout — 85258**
(de-escalation service for people in immediate distress; free to text; available 24/7)
- **Muslim Youth Helpline — 0808 808 2008**
(faith and culturally sensitive support service for Muslim communities; free to call; available 4pm-10pm every day)
- **Campaign Against Living Miserably — 0800 58 58 58**
(for anyone who needs to talk about life's problems; free to call; available 5pm-midnight every day)

Websites

- **stem4** — www.stem4.org.uk
- **Mind** — www.mind.org.uk
- **Switchboard LGBT+ Helpline** — www.switchboard.lgbt
- **The Black, African and Asian Therapy Network** — www.baatan.org.uk
- **Muslim Youth Helpline** — www.myh.org.uk
- **Anxiety UK** — www.anxietyuk.org.uk
- **Bipolar UK** — www.bipolaruk.org
- **Harmless** — www.harmless.org.uk
- **Young Minds** — www.youngminds.org.uk