

Top Tips for Boys and Young Men on Positive Mental Health

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supporting teenage mental health

NUMBER 1

Choose to reject cultural or societal stereotypes by expressing or showing your emotions.



NUMBER 2

Be yourself, not just 'a man'.



NUMBER 3

Be strong and open up (see conversation starters).



NUMBER 4

Ditch the crutches! Boost your wellbeing by avoiding alcohol and drugs to cope.



NUMBER 5

Get active. Increase physical and mental energy by doing exercise, sport, or physical activity for at least half an hour a day.



NUMBER 6

Anger makes you smaller, words help you to grow. Weed out anger. Plant some words.



NUMBER 7

Talk, talk, and talk and don't give up until someone listens.



NUMBER 8

Ask for help – why wouldn't you grab a life raft in a stormy sea?



NUMBER 9

"You can't change the direction of the wind, but you can change the direction of the sails."

