

Spotting & Supporting Men's Mental Health

Spotting the signs that indicate a man might be struggling with his mental health



Withdrawal or isolating behaviour



Escapist behaviour



Rapid changes in mood or energy levels



Thoughts of suicide or suicide attempts



Overeating or not wanting to eat at all



Feeling anxious, restless, or 'on the edge'



Increased anger, irritability, or aggressiveness



Engaging in high-risk activities



Problems with sexual desire and performance



Loss of interest in work, family, or once-pleasurable activities



Complaining of physical aches or pains, headaches, cramps, or digestive problems



Appearing very tired, not being able to sleep, or sleeping too much

How to support men's mental health

The best way to support men's mental health is to start the conversation. Everyone experiences mental ill-health differently and whilst some men display no differences in behaviour when struggling with their mental health, others might. So, you should check in with others, regardless of whether they are showing signs of struggle or not; and when you do, you should always ask twice.

Ask twice

When we ask someone how they are, they typically respond with "I'm fine, thank you", or "I'm good thanks". If you ask twice, you might get a different response on the second attempt because you are signalling that you are not asking out of politeness, or as a conversation starter, you are asking because you care.

Conversation starters

"Are you ok?"... "How are you, really?"
(asking twice)

"I've noticed you haven't been yourself recently, is everything ok?"

"Is there anything you'd like to chat about? I'm always here to listen"