

Men's Health Awareness Month

Diversity
+ Equity
Inclusion gender



1st - 31st November

Men's Mental Health and Suicide Prevention

Globally on average 1 man dies by suicide every minute of every day.

Giving support to someone who may be struggling

Men sometimes aren't comfortable reaching out and opening up about life's challenges - or they think they'll be burdening their friends if they do.

Here you have 4 simple steps to help you navigate a conversation with a friend who may be struggling:

1. Ask

Start by asking how they're feeling - it's worth mentioning any changes you've picked up on. For example, maybe they've gone quiet in a group chat or aren't turning up to social events - whatever it is, they're not themselves.

Use a prompt like, 'You haven't seemed yourself lately - are you feeling OK?'

2. Listen

Give them your full attention, let them know you're hearing what they're saying and you're not judging. You don't have to diagnose the problem or offer solutions, but asking questions lets them know you're listening.

Ask a question like 'that can't be easy - how long have you felt this way?'

3. Encourage Action

Help them focus on simple things that might improve how they feel. Are they getting enough sleep? Exercising and eating well? Maybe there's something that has helped in the past - it's worth asking.

4. Check In

Suggest you catch up soon, in person if you can. If you can't manage a meet-up, make time for a call, or drop him a message. This helps show that you care; plus you'll get a feel for whether they're feeling better.

Testicular Cancer

Testicular Cancer is the number 1 cancer amongst young men, yet 62% of those who are most at risk don't know how to check themselves.

70% of men also have said they never have or don't regularly check themselves - but getting to know what feels normal can help you identify when something feels off, which could be an early sign of testicular cancer.

If you notice a lump on your testicle that wasn't there before or are concerned about any pain or swelling, it's best to visit a doctor/medical professional.

Prostate Cancer

Prostate cancer is the second most common cancer in men worldwide Globally, more than 1.4 million men are diagnosed with prostate cancer each year - knowing the facts and early detection is key.

Your risk of developing prostate cancer increases with age, but that doesn't mean it's a disease that only affects older men.

[Detecting Prostate Cancer](#)

Not everyone experiences symptoms of prostate cancer. Many times signs of prostate cancer are first detected by a doctor doing a routine checkup. Some signs and symptoms include:

- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination
- Painful ejaculation
- Blood in urine or semen
- Frequent pain or stiffness in the lower back, hips or upper thighs

If you notice any changes or any symptoms it's worth booking an appointment with your healthcare provider.