

# Men's Mental Health

## Let's Challenge Masculine Stereotypes

- ✓ For men who say they don't like to talk about mental health, their reason is often "I've learnt to deal with it", "I don't want to be a burden", or "I'm too embarrassed".
- ✓ The biggest causes of mental health issues in men's lives are work pressure, financial issues, and their health.
- ✓ Let's challenge traditional notions of masculinity that discourage seeking help. Asking for help is by no means a sign of weakness.



Break free from stereotypes. Scan the QR code to learn about healthy masculinity.

counselling  
& advice helpline

 0800 328 1437

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