



[menshealthweek.org.uk](http://menshealthweek.org.uk)

[@menshealthforum](https://twitter.com/menshealthforum)

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**I'D RATHER  
ADMIT I LIKE  
WASHING-UP**

Let's talk about feeling down.

It may feel like the last thing you want to talk about. In fact, as many as one in four of us will experience a mental health problem this year. In other words, feeling down is pretty common. It's bottling it up that causes the problem. Your GP can help in more ways than you think - it's not just drugs or therapy.

**How are you? Let's talk about it.**

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**MHF**  
MEN'S HEALTH FORUM

Men's Health Week 10-16 June

**75% of  
suicides are  
male**



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ADMIT I'M A  
BAD DRIVER**

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73% of people  
who go missing  
are male





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ADMIT I WEAR  
AN ANORAK**

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67% of  
drink-related  
deaths  
are male



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CHAS & DAVE**

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79% of  
drug-related  
deaths  
are male





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*Feeling crap is no crime. So let's talk about it.*

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95% of  
prison inmates  
are male



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FOOTBALL**

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Men are less likely to be diagnosed with a mental health problem than women





**I'D RATHER  
ADMIT I LIKE  
JUSTIN BIEBER**

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Just  
1 in 10 men  
will receive  
treatment for  
depression  
  
(compared to  
1 in 4 women)





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Male mental  
well-being  
and resilience

Let's Talk  
About It



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Men's Health Week 10-16 June

Untreated  
depression and  
anxiety  
cost the  
UK economy  
over £12 billion  
a year





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Untreated  
depression and  
anxiety  
cost the  
UK tax-payer  
over £7 billion a  
year





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Treating mental health problems doesn't require expensive drugs or psychotherapy



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Many mental health problems are cheap to treat - just £750 per person





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The cost of an effective mental health service is estimated at just £0.6 billion





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Men's Health Week 10-16 June

Mad, isn't it?



For more  
information on  
the Week and  
MHF policy  
visit  
the MHF  
website











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