



# Speak Up: Men's Mental Health Matters

*Breaking the stigma and encouraging conversations*

1 in 8 men experience depression and 1 in 5 will experience anxiety at some stage of their lives, yet many don't feel comfortable talking about it.

It's time to break the silence and speak up about men's mental health.

Talking openly about mental health reduces stigma and opens the door to seeking help.

## How to Start the Conversation:

- Ask a friend or family member how they're really feeling.
- Be open about your own struggles to encourage others.
- Show empathy and avoid judgment.
- Offer support and resources.



SIX MHA APP Codes below...

**Resources for Men's Mental Health:**  
*Six MHA Triage line / Hub of Hope / Boys Get Sad Too*

Helpline - 07480 726 028 | [helpline@sixmha.org](mailto:helpline@sixmha.org)

# Saint-Gobain App Codes, Full List

Ecophon	ECO-388-998	07480726082
Pam Saint-Gobain	PAM-144-465	07480726028
Pam Building	PMB-545-209	07480726082
SG Okarno	SGA-633-545	07480726082
SG Contracts Division	SGC-291-70	07480046267
SG Formula	SGF-430-009	07480726082
SG Gyproc	SGG-941-361	07480726082
SG High Performance Soutions	SGH-691-236	07480726082
SG Interior Solutions	SIG-723-686	07480726082
SG Offsite Solutions	SGO-706-955	07480726082
SG Professional Services	SGP-218-352	07480726082
SG Poles	SGP-315-19	07480726082
Artex	SGS--52-3-5-99	07480726082
SG Construction Specialists	SGS-523-599	07480726082
SG International Timber	SGT-298-757	07480046267
SG Glass	SGU-K29-211-4	07480726082
SG Webber	SGW-621-524	07480726082