



International Men's Day

Men Struggle Too



Acknowledging Men's Mental Health Challenges

Society often overlooks the mental health struggles men face. On this International Men's Day, let's recognize that men face anxiety, depression, and emotional challenges too. Stigma and societal expectations can make it hard for men to speak up about their struggles. It's OK not to be OK.

Ways to Support Men's Mental Health:

- Encourage men to talk about their feelings.
- If you notice someone is acting different to usual, approach the subject.
- Offer a safe space to listen without judgment.
- Promote open discussions about mental health.
- Share resources and helplines.
- Sometimes people just want support and not advice, be wary of this, they are two different things entirely.

IT'S OKAY
to get
H!elp?



SIX MHA APP Codes below...

Mental Health Resources for Men:

Six MHA Triage Line | Men's Health Forum | Movember Foundation

Helpline - 07480 726 028 | 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	SGI-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