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Men's Mental Health

wellbeing
in focus 

Reduce Stigma in the Workplace

- ✓ 1-in-8 men have a common mental health problem such as anxiety, stress, or depression.
- ✓ Warning signs may include avoiding social situations, forgetting grooming, or increased irritability.
- ✓ Join us in raising awareness and taking the stigma out of mental health for men.



Scan the QR code to learn more about men's mental health on our portal.

counselling
& advice helpline

 0800 328 1437

 employeeassistance.org.uk

 wellbeing
solutions

The counselling & advice service is provided by Wellbeing Solutions.
wsm-wellbeing.co.uk