

Signs you might be struggling

Suicide rates, specifically in men, are unfortunately high. 4 out of 5 suicides are by men with the majority being in those under 35 years old (UK Parliament).

People can show signs of struggle in many different ways. Some of the most common physical and psychological signs and symptoms to look out for are:

- ❖ Constant feelings of exhaustion
- ❖ Lack of concentration
- ❖ Unable to cope with everyday tasks
- ❖ Persistent low mood
- ❖ Body aches
- ❖ Trouble sleeping
- ❖ Avoiding social activities
- ❖ Neglecting self-care and hobbies

Look after your body!

Prostate cancer is the most common type found in men. The latest research from Cancer Research UK shows 28% of cancers in men are of the prostate. Other main health concerns in males are coronary heart disease (CHD), obesity, testicular cancer and mental health.

Leading a healthy lifestyle and carrying out regular checks on your body is highly important to maintain health. It's also vital to understand what is normal for you so you can spot changes quickly.

Some of the easiest things you can do to improve overall health are:

Live a healthy lifestyle - Think about your exercise routine and diet

Regularly perform testicular self-examinations (TSE) - Roll each testicle between your thumb and finger, looking for any lumps or changes. It's best to do this after a warm shower.

Understand the signs and symptoms of prostate cancer - (<https://www.cancerresearchuk.org/about-cancer/prostate-cancer/symptoms>)

Self-care - Ensure you make time to do things you enjoy to improve mental health and be honest with those around you if you think you're struggling.

**17.1 per
100,000**

suicides were male

**5.6 per
100,000**

were female

**Suicide is the leading cause
of death for men under 50
in the UK (NHS Employers)**

Samaritans 2024

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Samaritans

Andy's Man Club

CALM

Mind

**Three quarters of premature
deaths from cardiovascular
disease are amongst men
(UK Parliament)**

MOVEMBER

SHAPING
**PORTS
MOUTH**

 CORDELL HEALTH

The Movember initiative was started in 2003 in Melbourne, Australia. Travis Garone and Luke Slattery started the trend getting 30 'Mo Bros' involved, more than 6 million men across the world now take part to raise money. The money raised goes towards men's health projects and research.

The aim of Movember is to raise awareness for men's health. Held in the month of November it's the time where men grow a moustache to help fundraise and raise awareness for topics such as suicide prevention, prostate cancer, testicular cancer and men's mental health.