

Men's
Health

~~Week~~
Month

JUNE 2019

SUICIDE
PREVENTION



THE
IMPORTANCE
OF
TALKING

WEEK THREE

Men's Health



Shockingly, 75% of people who take their own life are men

Suicide is the single **biggest** killer of men under 45. Yet, it's not just young men that are at risk, as the highest suicide rate is for men aged 45 – 49 in the UK

Men are often under pressure to appear strong and not show any signs of weakness. This means that they are less likely to talk about any issues that they are facing or to seek help when they are struggling with their mental health

Men's Health



Men may think that they can handle their issues on their own, or worry about being a burden to others

Men are also more likely to respond to stress with risky behaviour, such as abusing alcohol, which increases the risk of suicide by **up to eight times**



What can you do to support your male employees, colleagues, family and friends?

TALK

Make time to find out about their wellbeing. We know that it can be difficult for men in particular to open up about personal difficulties; take the time to find a way of discussing this in a way that works best for them.

Men's Health



If you, or someone you know can't cope, it's important to ask for help
It's especially important if you feel desperate, or are having thoughts of suicide

- **Contact your doctor** for an emergency appointment
- Ring **NHS 111**
- Contact your **Care Coordinator** (if you have one)
- Phone the **Warrington Assessment Team** on 01925 66 66 47

If there is immediate risk then go to A&E or ring 999

Men's Health



Support is Available Stay Alive App

The app includes details of **local crisis support** within Cheshire and Merseyside, as well as **national support** services. The app is designed for anyone who feels suicidal; and for anyone concerned about someone else's suicidal thoughts. The range of resources within the app include a **safety plan, customisable reasons for living and a life box.**

It also covers strategies for staying safe, tips on how to stay grounded when feeling overwhelmed and the option for people to create their own interactive wellness plans

- [Happy?OK?Sad?](#)
- [Campaign Against Living Miserably](#)
- [Papyrus](#)
- [Amparo](#)

[2 MINUTES COULD SAVE YOUR LIFE](#)

video link

NICK ARMSTRONG



Isn't life exciting! Everything can change all of a sudden, and for no reason at all!
- Moomintroll, from the book Moominpappa at Sea

PROFILE



Job Title

Chief of Information, Technology & Estates

Department

NHS Halton & NHS Warrington CCG
Integrated Management Team

Role

In my current role I am responsible for commissioning IT services for GPs and the CCG, the Estates Strategy for Primary Care Services, the CCG Offices and Information Governance. I have been working in the NHS since 2002 in a variety of roles mainly based in Warrington

Interests

The interest that I am best known for among my work colleagues is running and in particular running marathons. My wife and I both completed our 100th Marathons in May this year. However I also have a keen interest in a wide variety of sports including Speedway, Ice Hockey, Skiing, American Football, Rugby and Motorsport. In addition I have a wide range in musical tastes and I am also a keen traveller and a big lover of the Nordic countries and in particular Finland.

Body & Mind

Whilst I let the body side take care of itself with my running, (although I should probably eat less cake) I have always had to work a lot harder with maintaining a happy mind. From an early age I have suffered with anxiety, rumination, self-doubt, loss, identity issues, social awkwardness and throw in a bit of claustrophobia for good measure!

There is no "one size fits all" to maintaining your mental health and what works for me may not work for you. I have probably tried a bit of everything at some point including counselling, coaching, mentoring, meditation, mindfulness and more. It is **important to keep trying new things** until you find what works for you at that time, even if it might feel a bit uncomfortable.

I have found having a safe place or space to unpack my thoughts has helped me and I usually do this whilst on long runs or long journeys. For you it might be going to a special place or perhaps taking comfort and guidance from a particular faith or belief.

Until recently I wouldn't have even dreamt of writing this profile but I do believe we need to raise awareness that it is alright to say if you are not feeling ok. The old cliché of 'a problem shared is a problem halved' isn't bad advice after all.