

Brave Enough To **TALK**: Because Strength Starts with Honesty



HOW MANY OF YOU...

...HAVE NOTICED MEN STRUGGLING WITH THEIR MENTAL HEALTH?

**... ARE CONCERNED THAT MEN DON'T SEEK SUPPORT WHEN THEY STRUGGLE WITH
THEIR MENTAL HEALTH?**

**...HAVE NOT NOTICED MEN STRUGGLING WITH THEIR MENTAL HEALTH AND ARE
NOT CONCERNED ABOUT THEM SEEKING SUPPORT?**

THE SESSION IS BEING RECORDED...

[● REC]

**RECORDING IN
PROGRESS**

THIS SESSION IS BEING RECORDED AND WILL BE AVAILABLE AFTER THE EVENT

ABOUT US

The Stress Management Society is a non-profit organisation dedicated to helping individuals and companies recognise and reduce stress. We are a small organisation in West London who have been dedicated to leading effective universal change with our passionate approach to recognising and reducing stress and promoting wellbeing since 2003.



International Wellbeing Insights is the research and consultancy arm of The Stress Management Society.

PLEASE SUPPORT US!

Donate to
The Stress Management Society



**We absolutely love providing these webinars and resources
to you and your support means the world to us!**

HOW TO USE THE WORKSHOP



Cameras on please – this is not a lecture; this is an **interactive workshop**. The content has been written to move on when you participate.



Questions will be asked throughout the session, **please get involved** on the microphone and the chat. This is not the facilitator's session, **it's everyone's session!** Put your hand up or make a request to share on the mic using the chat.



Please feel **free to ask questions, share experiences, disagree, seek clarification, tell me to slow down** - whatever you need at any time.

There will be opportunities to participate so... **we need to hear from you!**

GROUND RULES



BE ON TIME



BE HERE NOW



LIMIT DISTRACTIONS:
TECH OFF OR ON SILENT



TRIGGER WARNING



PARTICIPATION:
WHAT YOU PUT IN IS WHAT YOU GET



HONESTY & RESPECT



KEEP AN OPEN MIND



USING 'I...' STATEMENTS



CONFIDENTIALITY



SAFEGUARDING

**CAN YOU THINK OFF ANY MORE?
DROP YOUR SUGGESTIONS IN THE CHAT.**



THIS DISCUSSIONS OBJECTIVES

TOGETHER, WE'LL EXPLORE:

- WHAT HOLDS MEN BACK FROM SPEAKING ABOUT MENTAL HEALTH.
- THE STORIES WE TELL OURSELVES ABOUT STRENGTH.
- HOW CONVERSATION CAN BE AN ACT OF COURAGE.
- ONE SMALL WAY WE CAN ALL HELP MAKE “TALKING” FEEL SAFER.

THIS IS A SPACE TO REFLECT, RESET, AND REMIND OURSELVES THAT EVEN WHEN THINGS SHIFT, WE CAN STILL FIND OUR FOOTING.



WHAT DOES “*BEING STRONG*” REALLY MEAN?

WHAT A PERSON WITH STRONG QUALITIES LOOK LIKE TO YOU?

HOW MIGHT REDEFINING STRENGTH HELP CHANGE THE STORY FOR MEN’S MENTAL HEALTH?

WHERE DO THOSE IDEAS COME FROM?

COULD VULNERABILITY OR ASKING FOR HELP BE A STRENGTH? HOW?



ANSWER IN THE MIC OR SHARE IN THE CHAT



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ANSWER IN THE MIC OR SHARE IN THE CHAT



THE REALITY BEHIND THE SILENCE

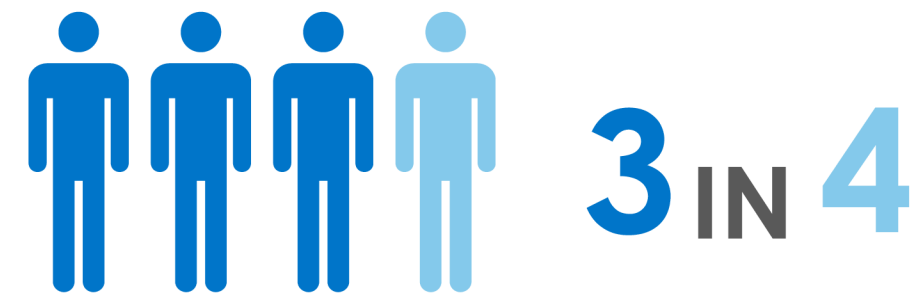
MEN ARE LESS LIKELY TO SEEK HELP FOR **STRESSFUL LIFE EVENTS, SUBSTANCE USE AND DEPRESSION** DUE TO:

SOCIAL NORMS ABOUT MASCULINITY

DISCONNECTION AND ISOLATION

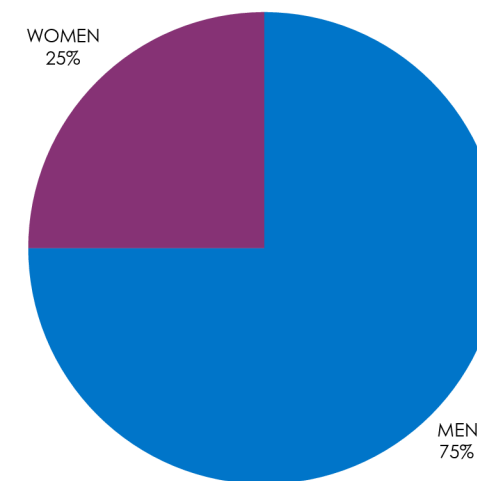
DOWNPLAYING SYMPTOMS

PRESSURE TO HANDLE IT ALONE



REPORTED SYMPTOMS OF **ANXIETY, STRESS, OR DEPRESSION.**

WHAT COMES UP FOR YOU WHEN YOU SEE THESE NUMBERS?



OUT OF 352 SUSPECTED SUICIDE DEATHS IN JANUARY 2025 , **270 (75%) WERE MALE** AND **82 (25%) WERE FEMALE.**



MEN WILL EXPERIENCE MENTAL HEALTH PROBLEMS IN THEIR LIFETIME



WHAT STOPS MEN FROM TALKING?

**WHAT MAKES IT HARD TO OPEN UP
ABOUT STRUGGLES ESPECIALLY FOR
MEN?**

What are men afraid might happen?



HOW ONE CONVERSATION CAN CHANGE EVERYTHING?

**HAVE YOU EVER SEEN A MOMENT
WHEN SOMEONE DID TALK WHAT
DIFFERENCE DID IT MAKE?**

**HOW CAN WE MAKE IT SAFE FOR PEOPLE TO SPEAK BEFORE
THEY REACH A CRISIS POINT?**



THE STRANGER ON THE BRIDGE

THE LANGUAGE WE USE MATTERS

SOMETIMES IT'S *NOT* WHAT WE SAY IT'S *HOW* WE SAY IT

**MEN OFTEN SPEAK THROUGH ACTION. FOCUS.
SOLUTIONS. NOT ALWAYS *FEELINGS*.**

***HOW COULD WE TALK ABOUT MENTAL WELLBEING
IN A WAY THAT FEELS NATURAL FOR MEN?***

"It's not about changing men it's about changing how we invite them into the conversation"



IF YOU KNEW YOU'D BE FULLY HEARD...

**WHAT COULD HELP MAKE MORE OF THOSE SPACES
EXIST AT WORK, AT HOME, AMONG FRIENDS?**



ANSWER ON THE MIC OR SHARE IN THE CHAT



HOW TO CHANGE THE NARRATIVE

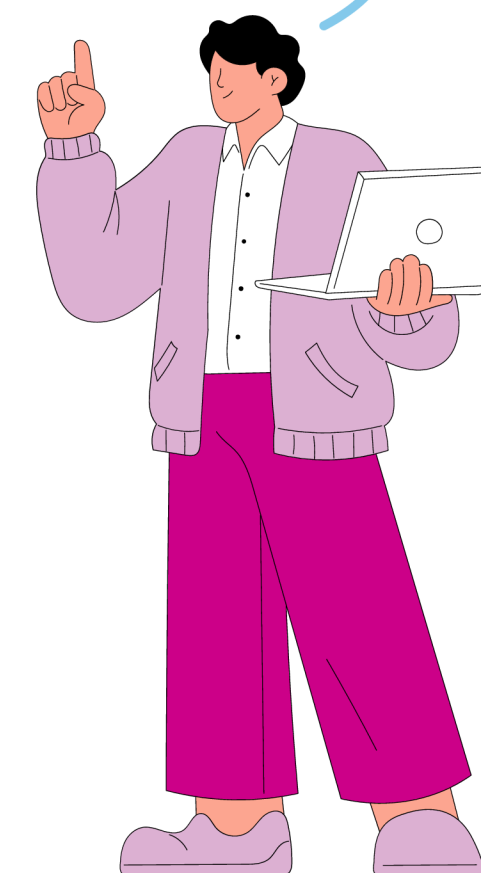
WHAT'S ONE PHRASE OR ACTION THAT HELPS SOMEONE OPEN UP?

HOW CAN LISTENING BE MORE POWERFUL THAN FIXING?

WHAT IF STRENGTH INCLUDED HONESTY, EMPATHY, AND CONNECTION?

HOW CAN WE HELP REWRITE THE STORY AROUND WHAT IT MEANS TO BE STRONG?

Every honest conversation is a small act that rewrites what strength really means.



REFLECTIONS & NEXT STEPS

“BEING BRAVE ENOUGH TO TALK ISN’T ABOUT FIXING EVERYTHING IT’S ABOUT SHOWING UP HONESTLY.”

WHAT’S ONE THING YOU’RE TAKING FROM TODAY’S CONVERSATION?

HOW DO YOU FEEL NOW COMPARED TO WHEN YOU ARRIVED?

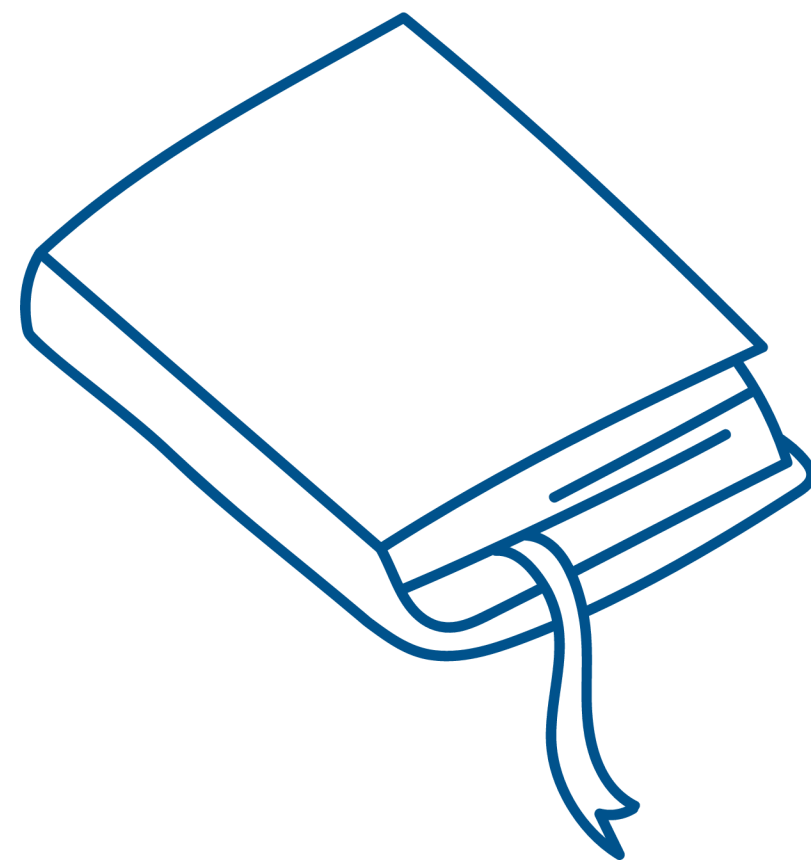
WHAT’S ONE SMALL ACTION YOU CAN TAKE IN THE NEXT 24 HOURS TO SUPPORT SOMEONE OR YOURSELF?



ANSWER ON THE MIC OR SHARE IN THE CHAT



SESSION RESOURCES



**DOWNLOAD OUR MEN'S MENTAL HEALTH
GUIDE**



WWW.STRESS.ORG.UK/PURPLEPAPERS

JOIN NEXT MONTHS WEBINAR

Thursday 4th December 2025

“CONNECTION OVER CELEBRATION: THE REAL MEANING OF DECEMBER FOR WELLBEING”

JOIN BY CLICKING **THE LINK IN THE CHAT**

MENTAL HEALTH CHAMPIONS

**BOOK NOW FOR A 50% DISCOUNT COSTING
YOU £248.5 FOR OUR FEBRUARY 2026
PROGRAMME**



GLOBAL STRESS AND MENTAL HEALTH SURVEY.

We've just launched our global survey to **understand how stress is affecting people worldwide**. Your voice will help shape future wellbeing support, inform global insights, and guide real positive change.

Take the survey today and enter our **special giveaway!**

- Free workshop
- Mental Health Champions programme place
- CBD Queen gift boxes (+18)
- Signed books

...and more.

SCAN ME



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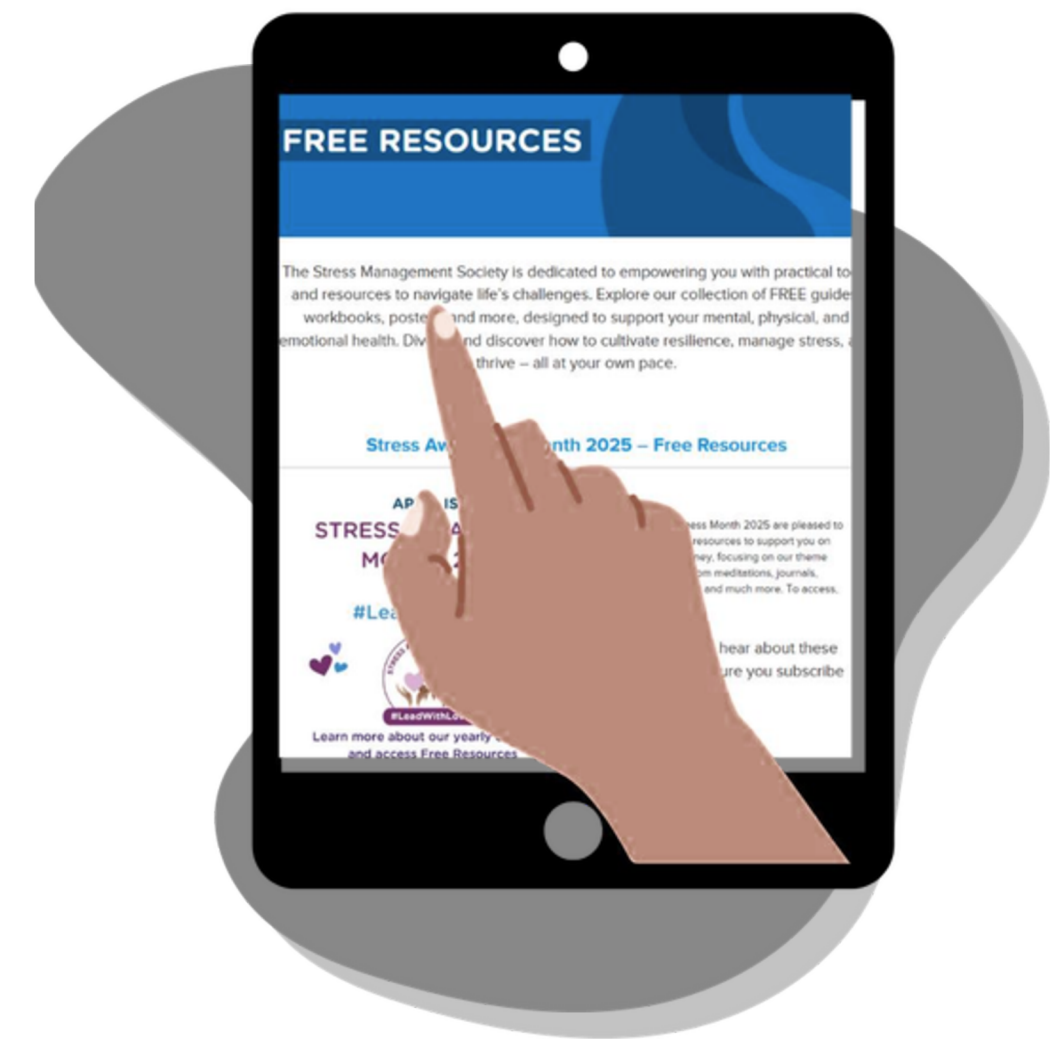
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CHECK OUT OUR FREE RESOURCES

**HAVE A LOOK ON OUR
WEBSITE FOR A RANGE OF FREE
RESOURCES!**



JOIN BY CLICKING THE LINK IN THE CHAT

OUR PEOPLE, CULTURE AND WELLBEING FORUM

Are you a HR, Health and Safety Professional or Workplace Wellbeing Specialist?

Click the **link in the chat** and be part of our global community dedicated to enhancing the workplace culture around the world.

Sign up now for newsletters, webinars and further insights on workplace wellbeing so we can thrive together.



SIGN UP TO OUR WEEKLY NEWSLETTER

Do you care about creating a happier, healthier workplace where everyone can thrive?

Be part of our global Stress Management Society community and click **the link in the chat** to sign up for our newsletters — gain access to expert insights, inspiring webinars, and practical tools to create happier, healthier workplace cultures.



NEW PRODUCT - WELLBEING PROTECT

SIGN UP TO THE BE THE FIRST TO GET THE BENEFITS!

**USE CODE:
WELL50**

FOR 50% OFF THE ENTIRE PACKAGE FOR ONE MONTH



WAS THIS SESSION BENEFICIAL?

**IF THIS SESSION WAS BENEFICIAL
PLEASE LEAVE US A REVIEW**



EMPLOYEE ASSISTANCE PROGRAMME SUPPORT

CONTACT US FOR A EAP REVIEW DISCUSSION

info@stress.org.uk

TO REQUEST OUR FREE EAP PURPLE PAPER



SUPPORT RESOURCES

MIND: Provides everyday support to those experiencing mental health issues. Call **0300 123 3393**

SAMARITANS:

www.samaritans.org provides 24/7 support to those experiencing mental health issues. Call **116 123**

HUB OF HOPE:

www.hubofhope.co.uk

**WHAT RESOURCES DOES YOUR
WORKPLACE HAVE AVAILABLE?**

Australia: Lifeline 13 11 14

New Zealand : Lifeline NZ 0508 828 865

US: 988 Suicide and Crisis Lifeline

BEFRIENDERS WORLDWIDE:
www.befrienders.org

CRISIS TEXT LINE:

www.crisistextline.org

Offers 24/7 text-based support in the US, UK, Canada and Ireland

CLOSING CHECK-IN

**WHAT DO YOU NEED TO ASK, SHARE,
DISCUSS OR EXPLORE BEFORE WE
FINISH TODAY'S SESSION?**



THANK YOU

We look forward to supporting your wellbeing journey...



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www.wellbeing.work



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