YOU DON'T NEED TO MAN UP, JUST SPEAK UP.

Why The Men's Mental Health Epidemic Is A Social Problem And What Can Be Done About It?

Why Me?

Setting The Context Through Statistics

- Suicide is the biggest killer of men under the age of 55.
- 12 men everyday take their own life.
- Males make up roughly 69% of University Suicides Worldwide and 81% of those in the UK.
- 34% of male university students will suffer from a mental health condition at some point during their studies.
- Roughly 75% of those men will at some point have suicidal thoughts.
- A male student has roughly the same chance at getting a first class honours as they do to drop out.
- Over 90% of men who drop out of university quote some form of mental ill health as a reason to do so.

A Possible Solution…

What Is AndysManClub?

How Did AndysManClub Start?

How Does AndysManClub Work?

Why Is AndysManClub A Solution?

What Is AndyManClu

- Mens Suicide Prevention Charity
- Offers Peer to Peer Support
- A Free Service For ANY Man Over 18
- A Judgement Free Space For Men To Talk About Life
- Aims To Break Down The Stigma Around Men’s Mental Health

How Did AndysManClub Start?

- Andy’s Story
- Luke and Elaine’s Idea
- Original Aims
- Sky Sports Interview
- #ITSOKAYTOTALK Campaign
- Celebrity Endorsements… Getting The Message Out There
- #THATONEMAN Promise

How Does AndysManClub Work?

- 5 Question Format
- Chat Em House Rules
- Judgement Free
- No Talk Around Politics, Religion, Medication or Ongoing Criminal Convictions
- Breaks Down The Man Up Stigma

Why Is AndysManClub A Solution?

- Can be of benefit to all Males on Campus - Students and Staff
  - Happier Student and Staff Populations
  - Increased Productivity
- Helps the local community surrounding the University
- Can be a part of the Universities CSR programs

#ANDYSMANCLUB

#ITSOKAYTOTALK

Other Ways To Get Involved

- #ITSOKAYTOTALK Campaign
- Raise Awareness
  - Posters
  - Cards
  - Awareness Presentations
- Help the local AMC

Questions?

VIDEO RESOURCES

https://youtu.be/3GZCtArzmhw?si=7gdQurXAhWg9PdIL
https://youtu.be/EcyedyEXJCg?si=6z8Loi-evv1NmGdm

Thank You and Remember

#ITSOKAYTOTALK