MOVEMBER

ALSOP HIGH SCHOOL



What is movember?

Movember is a global movement that began in Australia and has become a major annual campaign in the UK, encouraging men to grow moustaches every November to raise awareness and funds for men's health issues. While it's often recognised for its fun and visible moustache challenge, Movember's mission goes much deeper, tackling serious issues such as men's mental health, suicide prevention, prostate cancer, and testicular cancer. In the UK, the campaign plays a vital role in breaking down stigma around men's mental health, encouraging open conversations, and funding initiatives that support early intervention, community programmes, and life-saving mental health services. It reminds men that it's okay to talk, to ask for help, and to look after their wellbeing — not just in November, but all year round

How to support movember

Grow or show support:

Men can grow moustaches to spark conversations, while women can show support by encouraging and celebrating the effort.

Get moving for men's health:

Take part in the "Move for Movember" challenge, walk or run 60 km in the month to represent the 60 men lost to suicide every hour worldwide.

Start the conversation:

Talk openly about mental health, check in with friends, and help break the stigma around men seeking support.

DID YOU KNOW?

MOVEMBER HAS FUNDED 1320 MENS HEALTH PROJECTS GLOBALLY.

Why is supporting men and their mental health important?



Supporting men's mental health is crucial because men face higher risks yet are less likely to seek help. In the UK, around 75% of all suicides are by men. Around 12.5% of men experience a common mental health disorder, but only about one-third of people in therapy are men, and nearly 40% say they've never spoken to anyone about how they feel. These figures show that many men suffer in silence, often due to stigma or social expectations. By supporting men's mental health, we can save lives, reduce stigma, and build stronger, healthier communities.



How to support your own mental health

It's important to stay connected with friends, family, or trusted adults, as sharing thoughts and feelings can reduce stress and build resilience.

Taking care of both minds and bodies. Getting enough sleep, eating nutritious foods, and staying physically active all help improve mood and focus.

Most importantly, always remember that it's okay to ask for help from a trusted adult, teacher, or doctor when things feel overwhelming — reaching out is a sign of strength, not weakness.

More Information

For more information about movember and the projects they have created please visit uk.movember.com

Where to access support in your local area













Additional Support for young people

YPAS
Young Person's Advisory Service



YPAS - Young Person's Adv...
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💛 Looking for a safe and supportive space to connect with others?

YPAS is hosting a Health and Wellbeing Weekly Peer Support Drop-In at our Central Hub!

Whether you're waiting for a service with YPAS or would simply benefit from chatting to other young people who understand some of the challenges you may be facing, our drop-in offers a friendly, welcoming and non-judgemental space.

🌟 Meet other young people
💬 Share experiences and chat with peers
💛 Build connections and friendships
🤝 Access support from peers and practitioners

There are two age groups:
👥 Ages 11–15: Thursdays, 4pm–6pm
👥 Ages 16–25: Thursdays, 1pm–3pm

📅 Running from 5th November to 3rd December.

📍 YPAS Central Hub, 36 Bolton Street, Liverpool, L3 5LX.

Ykids is with Scrapyard Studios. · Follow
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Calling all budding musicians! 🎶

Head down to Scrapyard Studios, just a few minutes' walk from Bootle Strand Station, fo
FREE music workshops in production, songwriting, band skills and guitar!

Sign up on their website and get involved too
🎼



Hidden WINGS

SUPPORTED BY BBC CHILDREN IN NEED

Are you aged 13 - 16 or 16 - 18 years?
Weekly sessions over 12 weeks.
Every Tuesday from 4.30pm - 6pm.

Through a variety of creative sessions with other young people, you will explore a number of subjects that will help you to feel confident and who you are as well as developing a greater understanding of those around you.

If you would like more information, please contact:
Jen Williams our Young Person's Counsellor:
YPCounsellor@swanwomenscentre.org
or call SWAN Women's Centre on:
0151 933 3292

SWAN WOMENS CENTRE

At SWAN Women's Centre,
Former Litherland Library, L21 6NR