

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



Sean's Place
In This Together

Mental Health and
Wellbeing Centre for Men
Pilot Evening!
5.00pm-8.00pm
Sunday 10th November

Location :Connect Studios Unit 20A Stella
Precinct, Seaforth
Contact number: 07708364593



**Need urgent help with
your mental health?**

We're here 24/7 and can help.

If you're in **Liverpool, Sefton, Halton,
St Helens, Knowsley or Warrington**,
freephone **NHS 111** and choose the
mental health option.

It's always ok to ask for help.
www.merseycare.nhs.uk/urgent-help



Walk & Talk

From Struggle To Strength

- Talk openly, listen freely
- Build friendships through shared experience
- Gentle physical activity to support your health
- Enjoy the outdoors and natural surroundings
- Feel part of something, you're not alone

Our Walk and Talk sessions are open to all men who want to improve their mental and physical wellbeing. No pressure, no judgment, just good company, open conversations, and a chance to clear your head.

 **MERSEY
MIND
PROJECT**

Find out more:
www.merseymindproject.co.uk



#ANDYSMANCLUB

#ItsOkayToTalk

**WE MEET
MONDAYS AT 7PM
(EXCEPT BANK HOLIDAYS)**

**ANDYSMANCLUB is a peer-led
charity. We cannot provide immediate
support.**

Need Urgent Support?

Emergency contacts

Samaritans
Need to talk now? You can contact Samaritans by clicking [here](#), or calling 116 123.

Shout
Prefer to text? You can contact the Crisis textline 24/7. Just text SHOUT to 85258.

NHS A&E services
Find your closest Accident & Emergency services [here](#).

NHS 111
You can now call 111 for a mental health crisis and select the mental health option (option 2) or click [here](#).

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Mens Mental Health Support Sefton | Liverpool