

# Men's mental health

## The power of opening up

Talking about how we feel can be incredibly challenging. Yet by doing so, it can help to process difficulties, work through emotions, and reduce feelings of loneliness.

### Men share a few words of advice to help others

Following 30 interviews with men about mental health, below are some words of advice people offered to help others who may be struggling. Learn more about the interviews and the [Movember campaign here](#).

"Appreciate those around you and yourself and get outdoors – it helps more than you'd think."

"Mental health struggles are not uncommon, but the solution is different for everyone. Keep searching for what works for you, and you'll find your way to cope and live with it."

"An uncomfortable conversation is sometimes all that's needed to take a step in the right direction."

"You can show resilience in your openness – there's a strength in owning up to how you feel."

"Your physical and mental health are closely interlinked; looking after one is bound to protect the other."

"Being able to open up to someone requires effort on both ends. Being there for your friends to talk to makes the reverse action much less daunting."



[Click to watch video](#)

### The importance of checking-in on others

This [video](#) by Norwich City Football club in collaboration with [Samaritans](#) highlights that it's not always obvious when someone you know is struggling with their mental health.

Don't forget to check in on those around you, even if they appear to be ok.

For further support, visit the [NHS](#), [Mind](#), and the [Samaritans](#).

