
mind
International
Men’s Day
2026
mind

Contents

03 Overview of awareness day
04 Key messages
05 Statistics
06 Information pages
08 Top tips
09 Take on a challenge
10 Social media posts
11 Useful information

Overview

International Men's Day takes place on 19th November. This year's theme, Supporting Men and Boys, encourages us to create environments where men and boys feel able to talk openly about their mental health and seek support when they need it.

Many men face pressures that make it difficult to speak about how they're feeling. Expectations around masculinity, fear of judgement and stigma can prevent people from reaching out for help.

At Mind, it's really important for us to use this moment to raise awareness of the challenges men face when it come to their mental health.

In this pack you'll find:

- Information about men's mental health
- Useful statistics
- Fundraising activities to take part in
- Copy and assets you can share internally and on external channels

Please make sure to acknowledge Mind when sharing our information and tips. Read these guidelines when sharing our information.

Key messages

Poor mental health in men

Mind's research shows that the number of men experiencing suicidal thoughts when feeling worried or low has doubled over the last ten years.

Men have also recorded lower levels of life satisfaction and feeling that "the things done in life are worthwhile".

Reach out

Men's problems can present differently from women's. As a result, their symptoms sometimes go unrecognised, undiagnosed, and they might not receive appropriate treatment.

If someone you know is struggling, don't be afraid to ask how they are. For support, visit our website.

Masculinity and difficulty expressing feelings

If you are struggling, it can help to let someone know.

This might be difficult but explaining how your feelings are affecting your life may help others to understand.

You can find support on our website.

1 in 3

Men (33%) say their job has negatively affected their **mental health.**

75%

Of suicides in the UK are men.

10%

Of men have suicidal thoughts when feeling worried or low.

Young Black

men are around 3 times more likely to present with suicidal risk than young white men.

How to support your employees

Mind's research has found that 1 in 3 men attribute poor mental health to their job. Here's how you can help:

- **Encourage your employees to complete a wellness action plan.** This is a practical way to work how best to support someone with their mental health at work. Access Mind's free template.
- **Try to check in with all employees regularly**. This can be through a direct message, or in a one-to-one conversation.
- **Consider introducing staff networks**, including a men's network so people can share experiences and support each other.
- **Sign up to our Mental health and how to support someone course.** This course gives you a chance to explore what non-specialists can do to help colleagues feel safe, supported and understood.
- **Elearning: Managing mental health at work.** This course offers support to managers and is designed to complement our Mental Health awareness at work eLearning course.
- **Check out all of our resources** for supporting your staff's wellbeing.

Loneliness amongst men

Many of us feel lonely from time to time. Feelings of loneliness are personal, so everyone's experience will be different.

Some people describe loneliness as the feeling we have when our need for social contact and relationships isn't met. But loneliness isn't the same as being alone.

You may feel content without much contact with other people. But other may find this a lonely experience.

Feeling lonely can have a negative impact on your mental health , especially if you've felt lonely for a long time.

Some research suggests that loneliness can increase stress. It's also associated with an increased risk of certain mental health problems. For example, depression, anxiety, low self-esteem and sleep problems.



Top tips for managing loneliness

- **Learn more about being comfortable in your own company.** Sometimes improving our relationships with ourselves, as well as others, can help us feel less lonely.

- **Try and open-up to people you know.** It might help to open up to someone you trust. This could be a friend or family member, a colleague or someone else in your life.

- **Take it slow.** To start small, try and make conversations with people you come across in your day-to-day life.

- **Try not to compare yourself to others.** It's sometimes hard to stop comparing ourselves to others. But remember that things aren't always what they seem from the outside.

Take on an active challenge

Unplug from the daily grind, experience the unexpected and accomplish something great.

Why not join Team Mind and take on the Tough Mudder challenge. This is a great team building exercise to do with male colleagues to support their mental wellbeing – all while raising money to support men's mental health.

The tough Mudder is an obstacle course that is team-orientated and fast paced to keep you and your friends on your toes or take on another challenge whether you want to run, trek or cycle.

Here are some great team building events:

- Tough Mudder Series
- London Winter Walk 2027
- The Mind Walk
- Fundraise through music
- Skydive for Mind
- Do your own trek oversees



Spotlight On: Netflix's Steve

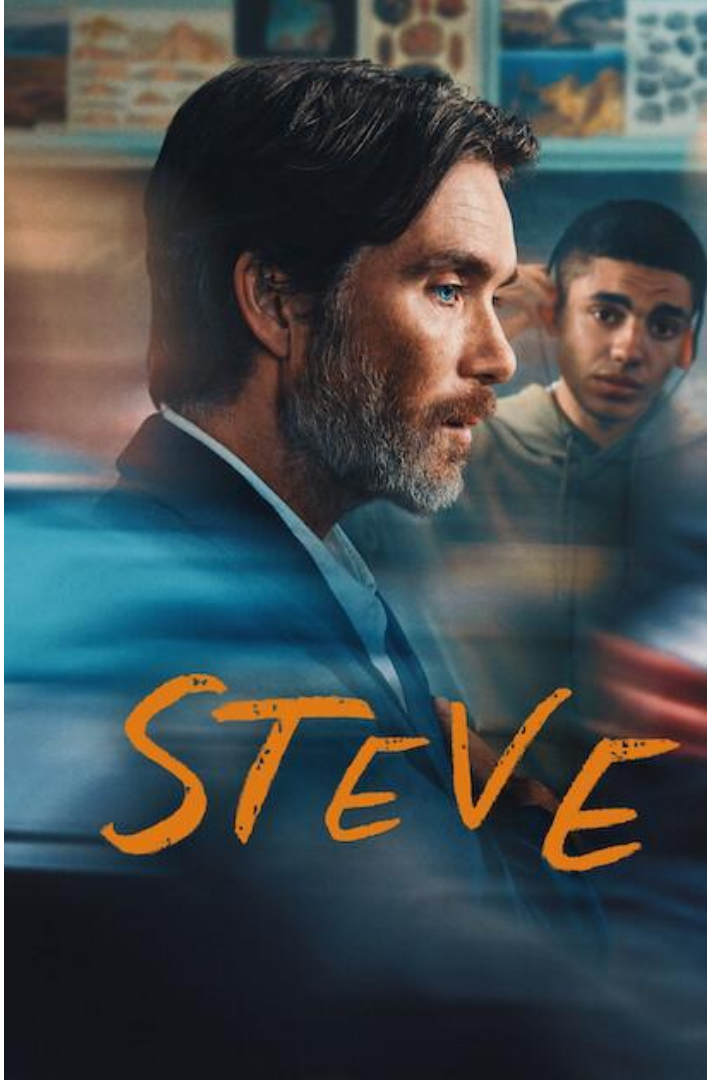
To mark this year's theme, Supporting Men and Boys, why not watch Steve and start a conversation.

The film, based on the novella Shy, by Max Porter, demonstrates how cuts to youth services in the 1990s impacted a generation already experiencing poverty, trauma and discrimination.

The film follows 24 hours in the life of Steve, played by Cillian Murphy, headteacher of an alternative provision school for teenage boys.

It also includes themes around suicide, substance misuse and addition, violence and bullying.

Watch Steve on Netflix



Social media post



Suggested caption wording:

<Tag Mind's channel> research shows that 43% of men regularly feel worried or low and may struggle to get the mental health support they need. Find out more on Mind's website.

#InternationalMensDay

Download our assets

Square social asset

Landscape social asset

Don't forget to tag us!
Make sure to mention Mind when you're sharing our information and tips:

Facebook – **@mindforbettermentalhealth**

Twitter – **@MindCharity**

Instagram - **@MindCharity**

LinkedIn - **@mind_2**

Threads – **@MindCharity**

Useful information

Mind's 4 helplines provide information and support by phone and email.

Support line: 0300 102 1234
Monday to Friday, 9am-6pm

Infoline: 0300 123 3393
Email: info@mind.org.uk
Monday to Friday, 9am-6pm

Welfare benefits line: 0300 222 5782
Monday to Friday, 9am-5pm

Legal line: 0300 466 6463
Email: legal@mind.org.uk
Monday to Friday, 9am-6pm

Local Minds offer face-to-face services across England and Wales. These services include talking therapies, peer support and advocacy.

Side by Side is our supportive online community for anyone experiencing a mental health problem. The Side by Side community is available 24/7.
sidebyside.mind.org.uk

Useful information

Other useful contacts

Samaritans – call 116 123, email jo@samaritans.org.uk (24/7 support)

Campaign Against Living Miserably (CALM) – call 0800 58 58 58, (Helpline open 5pm-midnight, 365 days a year), webchat available on website

SHOUT – text SHOUT to 85258 (24/7 confidential text support)

A full list of useful contacts can be found on **Mind's website**

Here are some organisations that offer mental health support specifically for men:

- Andy's Man Club
- Movember
- MANUP?

From all of us here at Mind, thank you!

For your continued support, fundraising and dedication to mental health. We won't give up until everyone experiencing a mental health problem gets the support and respect, they deserve. You're helping make sure that happens.

Mind is a registered charity in England and Wales
(no. 219830) and a registered company (no. 424348) in England and Wales.