SEE ABILITY

Men’s mental health

What is mental health?

Easy read fact sheet



Mental health is about how you feel in your mind.



You will feel different emotions at different times.



Some men find it hard to talk about their feelings.



They might think they need to be strong and deal with problems on their own.



But everyone needs help sometimes.



Talking about how you feel can help you feel better.

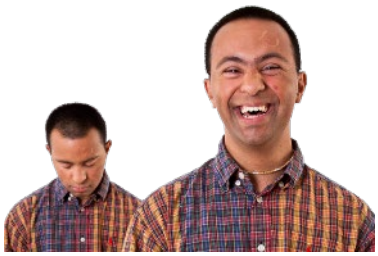


It is normal to feel sad or worried sometimes.



If you feel sad more than you feel happy, you might need some help with your mental health.

How to look after your mental health



There are things you can do to make your mental health better.



Exercise is good for your mental health.



You could go to the gym or just go for a walk.



There are lots of different ways to exercise.



Eating healthy food can make you feel good.



You should eat lots of fruit and vegetables.



Drink lots of water.

The National Health Service (NHS) recommend 8 glasses of water a day.



Try not to eat too many snacks like crisps and chocolate.



You need to keep yourself clean.



Try to wash yourself every day.



Put on clean clothes.



It is important to get enough sleep at night.



Try not to sleep too much during the day.



Some people have hobbies that make them happy.



Hobbies are things like cooking or gardening.



Seeing friends or family can also make you happy.



It is good to have people to talk to.



You should try to find things that you enjoy doing.



If you are not feeling good, breathing exercises can help.



Breathe in through your nose.



Hold your breath for 2 seconds.



Then breathe out slowly through your mouth.



Do this again to help you feel more calm.

Signs of mental health problems



There are lots of different signs that you might have a problem with your mental health.



You might feel sad more than usual.



You might feel really tired.



You might want to be on your own.



You might feel angry or get upset more easily.



You might stop enjoying things you usually like doing.



You might drink more alcohol than usual.



You may not want to eat food.



You might be thinking about hurting yourself.



You might feel sick.



If you cannot do anything to make yourself feel better you might have a problem with your mental health.

Asking for help



Lots of people have problems with their mental health.



If you are worried about your mental health you are not alone.



You should speak to a person you trust.



You should also talk to a doctor.



They might give you medicine to try and make you feel better.



It is really important to tell people if you are worried.



Asking for help does not mean you are weak.



There are groups you can talk to.



ANDYSMANCLUB runs free groups where men can meet and talk about their feelings.



Their website is
AndysManClub.co.uk

CAMPAIGN AGAINST LIVING MISERABLY

CALM offers free support to people struggling with their mental health.



CALM's phone number is
0800 58 58 58

Their website is
TheCalmZone.net

www.seeability.org

facebook.com/RSB.seeability

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SeeAbility is the operating name of the Royal School for the Blind founded in 1799. Registered charity number 255913.

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