

CONNECTING MEN WITH MIND FITNESS



Tuesday 13 June 2023
9.30am-1.30pm (Followed by lunch)
Great Hall,
Magee Campus,
Ulster University

There are many compelling reasons to work with men to improve their mental wellbeing or 'mind fitness':

Men are three times more likely to die by suicide than women.

Men are less likely to seek professional help until they are in crisis.

Men in their late teens to mid-50's are the most 'at risk' group in our society and risk increases for men who are single, unemployed or socially disadvantaged.

Keynote Speakers

Professor Siobhan O'Neill: Mental Health Champion for Northern Ireland

Steve Biddulph: Psychologist and Family Therapist known for his bestselling parenting book 'Raising Boys' and 'Manhood'

There will also be a range of interactive activities and presentations showcasing the wide range of projects that support men and boys across the Western Health and Social Care Trust area and...

The launch of **MANifest**, a brand new training course that explores the key issues that impact on men's mental health.

Click on the **MANifest** logo opposite to book your place via **Eventbrite**

