

# learn

Health Improvement, Equality and Involvement Department

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September 2021 to March 2022

## MANifest: Connecting Men With Mind Fitness

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Training Brochure

# new

 Public Health Agency

 Western Health and Social Care Trust

 Health Improvement, Equality & Involvement

# MANifest: Connecting Men With Mind Fitness

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## Dates:

6th and 7th October 2021

## Times:

TBC

## Facilitator:

Men's Health West trainers

## Target Audience:

Any practitioners or service providers (male or female) who work with men in any setting.

## Aim of Course:

To explore the key issues that impact men and their mental wellbeing and understand how to effectively engage with men and signpost them to a range of services.

## Learning Objectives:

- Explore why we need to work with men as a specific group
- Understand the broad determinants of men's mental wellbeing
- Explore the barriers that men experience when accessing health and social care services and how to create opportunities to engage with them
- Increase the confidence of participants in relation to working with men.

## Course Content:

- The need to create a 'Safe Space' for men
- Understanding men through their eyes and life experiences
- Personal strengths and qualities required to work with men
- Why focus on men and their mental health?
- Barriers to men seeking help and support
- Opportunities to create the conditions for engagement
- Signposting to sources of information, help and support
- Top tips for engaging with men.

**Please note:** The course explores mental health issues including suicide. Therefore it may not be suitable for anyone recently bereaved or affected by suicide.

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