

Daily Social Media Themes for Men's Health Week 2017

MEN'S HEALTH WEEK

Monday 12th - Sunday 18th June 2017

It's all about HIM



How are you doing?

Visit www.mhfi.org to find out more
#MHW2017



Purpose of this Document

Men's health issues and needs are numerous and complicated. So much so, that we could probably assign a different one to highlight on each day of the year and still have an outstanding pool of ones to explore!

When preparing for Men's Health Week (MHW) 2017, the all-island Planning Group felt that it would be useful to draw attention to a specific theme on each day during MHW, as well as on the days leading up to it. The themes decided upon were ...

- Friday 9th June - Men's Health Week is Coming! ... Here's what you need to know
- Saturday 10th June - Top Tips for Men's Mental Fitness
- Sunday 11th June - Keeping your Heart Healthy
- Monday 12th June - Input and Output ... Men, Food and Physical Activity
- Tuesday 13th June - Trash the Ash ... Men and Smoking
- Wednesday 14th June - One More for the Road? ... Men and Alcohol
- Thursday 15th June - Men Overcoming Cancer
- Friday 16th June - Men and Sexual Health
- Saturday 17th June - Men and Healthy Relationships
- Sunday 18th June - The Importance of Fathers to Children's Outcomes

However, anything which highlights men's health issues and needs during MHW 2017 will be very welcome on any day - so, there's no need to stick rigidly to these themes.

Social media (especially Facebook and Twitter) has become a powerful tool for organisations to spread their message. During Men's Health Week 2017, we are encouraging everyone to 'Post' and 'Tweet' to their heart's content and, when possible, to use the hashtag:

#MHW2017

This paper seeks to help those people who would like to support MHW 2017 using their social media channels, but who don't have the time, energy or knowledge to develop their own messages. Therefore, on each day of the week, there is a range of suggested Posts and Tweets that you can simply cut-and-paste from. Some of these refer to research / events / resources / support / help in the Republic of Ireland, while others have a Northern Ireland focus. When this is the case, they will be accompanied by either [RoI] or [NI]. However, the core information given in either of these will be useful to everyone.

There are lots of message options presented for each day of the week. Feel free to use them all, or pick and choose the ones that suit yourself / your organisation / your location.

We hope that you might be willing to promote MHW 2017 on your social media outlets this year. Even loading a few things to your website / Facebook page / Twitter site / other social media platform can, and will, make a huge difference to publicising the week. It's also an easy and free way to show your support.



Friday 9th June 2017

Men's Health Week is Coming! ... Here's what you need to know



The Final Countdown to Men's Health Week 2017 has begun ...

We're nearly there. The clock is ticking. It won't be long now until International Men's Health Week (MHW). This year, it will run from Monday 12th until Sunday 18th June 2017. The theme in Ireland will focus upon 'It's all about HIM', and the key question is: 'how are you doing?' If the answer is 'not very well', then it's time to join with other people to do something positive and practical about it! To find out more about the week and how you can support it / get involved, visit: www.mhfi.org/mhw/mhw-2017.html



Men's Health Week 2017 is almost here. Do you know everything that you need to know? If not, check out: www.mhfi.org/mhw2017toolbox.pdf #MHW2017

#MHW2017 Have you seen the 'Challenges and Choices' Man Manual for Men's Health Week yet? View the preview copy at: www.mhfi.org/challenges2017.pdf

You can easily support #MHW2017 (Men's Health Week 2017) by using one or more of the graphics and images at: www.mhfi.org/mhw/mhw-image-pack.html

Find out about some of the events being held to mark #MHW2017 (Men's Health Week 2017) in Ireland by visiting: www.mhfi.org/mhw2017events.pdf

Possible Images ...

	Available at: www.mhfi.org/mhw/mhw-image-pack.html#Badge2017
	Available at: www.mhfi.org/mhw/mhw-image-pack.html#Generic
	Available at: www.mhfi.org/mhw/mhw-image-pack.html#Banner2017
	Available at: www.mhfi.org/mhw/mhw-image-pack.html#Poster2017

Saturday 10th June 2017

Top Tips for Men's Mental Fitness



Get Your 'Five-A-Day'

Mental health difficulties affect society as a whole, and not just a small, isolated group. But good mental health is more than simply the absence of problems. It is just as important as good physical health, and maintaining mental fitness should be a priority for everyone. There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life and think of them as your 'five-a-day' for wellbeing ...

1. **CONNECT** with the people around you - family, friends, colleagues and neighbours - and spend time developing relationships.
2. **BE ACTIVE** and find a physical activity that you enjoy. Go for a walk, run, swim or cycle, play a game, do some gardening ... Exercise makes you feel good.
3. **TAKE NOTICE** of the world around you, be observant, look for something beautiful or remark on something unusual. Savour and enjoy the moment, be aware of your surroundings and appreciate the place you're in.
4. **KEEP LEARNING** and don't be afraid to try something new. Rediscover an old hobby or sign up for a course. Take on a different role, fix a bike, learn to play an instrument, develop a skill that you've always wanted to have ... Set yourself a challenge and have some fun.
5. **GIVE** to others. Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Find ways to work together with others on things rather than on your own.

For practical help, support, tips and advice on improving your mental fitness, visit:
www.yourmentalhealth.ie or www.mindingyourhead.info

Sheds for Life

From time to time, we all need a helping hand and a friendly ear. No matter how motivated you are, social isolation can be the greatest obstacle to improving your health. Men's Sheds are spaces where men can come together in an informal environment to share skills, have a cup of tea, and connect with other men in their communities.

There are over 400 Men's Sheds in Ireland, spread throughout the entire island. With the support of the HSE, the Irish Men's Sheds Association has launched a 'Sheds for Life' initiative, which means that 10,000 Sheddors have access to a wide range of health and wellbeing resources. With a major study indicating that over 90% of Sheddors feel that the Shed has improved their wellbeing, your local Shed could be just the thing for you. To find it, visit www.menssheds.ie



[RoI] To improve your mental fitness this Men's Health Week start by visiting:
www.yourmentalhealth.ie #MHW2017

[NI] To improve your mental fitness this Men's Health Week start by visiting:
www.mindingyourhead.info #MHW2017

[RoI] Young men can see what local services and supports are available to help their mental fitness by visiting: www.youthhealth.ie/signposts #MHW2017

It's #MHW2017 Have you ever tried 'WorkOut' - the mental fitness phone app? ... If not, why not have a look at: <http://ie.reachout.com/workout>

#MHW2017 Take some practical steps to improve your mental fitness this Men's Health Week. Begin by visiting: www.3ts.ie/blog/improve-your-mental-wellness-one-step-at-a-time

#MHW2017 Are you worried about someone's #MentalFitness If so, check out these simple steps on how to offer help: www.3ts.ie/wp-content/uploads/2017/05/3Ts-3Steps-Brochure.pdf

Want to learn more about how to talk about #MentalFitness Then, look at these videos:
www.3ts.ie/need-help/3steps-mental-health-videos #MHW2017




#MHW2017 Have you seen the Psychological Society of Ireland's 40 practical tips for mental health and wellbeing?...
www.psihq.ie/files/UserFiles/PSI%2040%20Tips%20Flyer%200511%20Web%20.pdf

Here's ten practical tips from Mental Health Ireland on how to build resilience and wellbeing this #MHW2017 ... www.mentalhealthireland.ie/wp-content/uploads/2015/09/MHI-Building-Resilience-Wellbeing-Flyer.pdf

'Dear men, this is what the women in your life want you to know' during #MHW2017 ...
www.telegraph.co.uk/men/thinking-man/dear-men-women-life-want-know

10,000 men across the island of Ireland are involved with a men's shed? Check out www.menssheds.ie to find your local one #MHW2017

Possible Images ...

		<p>Range of mental fitness posters available at: www.yourmentalhealth.ie/mind-yourself/good-mental-health/littlethings-campaign</p>
		<p>Available at: www.mhfi.org/TakeFive.JPG</p>
		<p>Available at: www.mhfi.org/IMSAlogo.png</p>

Sunday 11th June 2017

Keeping your Heart Healthy



Would you know the Symptoms of a Heart Attack?

Did you know that two thirds of men experience slow onset symptoms of a heart attack? This means that symptoms can be irregular and mild, becoming more continuous and intense in the hours, days and weeks leading up to a heart attack.

Research shows that the ten top symptoms, experienced by men are:

1. Feeling very tired / unusual fatigue
2. Sleep disturbances
3. Anxiety
4. Chest pain
5. Frequent indigestion
6. Heart racing
7. Arm ache
8. Coughing
9. Hand / arms tingling
10. Arm weak or heavy

Know the symptoms and protect yourself. For more information, visit: www.nichs.org.uk/mens-heart-facts or www.irishheart.ie/heart-and-stroke-conditions-a-z/heart-attack



[NI] Prevention is better than cure. Take practical steps to look after your heart health today!
Visit: www.nichs.org.uk/how-to-keep-healthy #MHW2017



[RoI] Prevention is better than cure. Take practical steps to look after your heart health today!
Visit: www.irishheart.ie/your-health/ways-to-live-better #MHW2017

'My wife issued me with an ultimatum: If you don't go to the doctor, I'm leaving! ...' Read men's stories: www.nichs.org.uk/mens-heart-facts #MHW2017

Know the symptoms of a heart attack. STOP - it could save your life. #MHW2017
(see STOP image which follows)

Have you seen 'A Man's Guide to Heart Health' yet? Check it out at: www.irishheart.ie/wp-content/uploads/2017/01/AMansGuideToHealth.pdf

Possible Images ...

		<p>Available at: www.mhfi.org/Heartburn-or-Heart-Attack.jpg</p>
		<p>Available at: www.mhfi.org/STOP.jpg</p>

Monday 12th June 2017

Input and Output ... Men, Food and Physical Activity



What you put in has to come out

Maintaining a healthy weight and staying fit requires us to look at what we put in (food and drink) and what we take out (by way of burning-up this 'food fuel'). In many ways it's a simple equation.

A well-balanced diet not only improves your general health, sense of wellbeing and helps maintain a healthy weight, but can also lower your cholesterol, keep your blood pressure down, and reduce your risk of developing heart disease, diabetes and some cancers. However, the case for choosing to lead a more active lifestyle is also compelling. When combined with healthy eating, participation in sport and physical activity can help you to: live longer; achieve and maintain a healthy weight; lower the risk of chronic diseases associated with being overweight; be a positive role model for your children (by inspiring them to be active and healthy); improve your mental health and wellbeing; be more social and make new friends (by being part of a sports club or group). This really is a WIN-WIN situation for men!

If you don't believe us, check out: www.safefood.eu/Healthy-Eating.aspx | www.choosetolivebetter.com | www.enjoyhealthyeating.info | <http://weigh2live.safefood.eu> | www.sportandrecreation.org.uk/policy/research-publications/game-of-life

The #FindYourTrail campaign encourages men of all ages and abilities to enjoy the Irish outdoors during Men's Health Week 2017 #MHW2017 Watch the video at <https://vimeo.com/138325788> and visit www.IrishTrails.ie to #FindYourTrail

#WeAllRun wants to encourage men of all ages to get active and start running during Men's Health Week 2017 #MHW2017 Watch the video at <https://vimeo.com/119848629> and visit www.athleticsireland.ie/find-a-club and www.parkrun.ie to get active in your local community.

Walking is the easiest way to get moving, get active and get happy, and @Get Ireland Walking is here to help you get started. They've got tips and advice for anybody who wants to start walking during Men's Health Week 2017 #MHW2017 More information is available at: www.getirelandwalking.ie

Looking to expand your knowledge of Sport and Physical Activity. Your Local Sports Partnership has a range of initiatives including Community Coaching, First Aid, Strength and Conditioning and Disability Inclusion Training. Find your Local Sports Partnership at: www.sportireland.ie/Participation/Local_Sports_Partnerships/LSP_Contact_Finder

Finish your Men's Health Week 2017 off with a fantastic free run/walk event in your local area. parkrun organises free, weekly, 5km timed runs around the world. They are open to everyone, and are safe and easy to take part in. You can register simply by visiting: www.parkrun.ie #MHW2017

The amount of sugar in energy drinks may surprise you. The poster shows that some drinks contain up to 17 teaspoons of sugar. Make a healthier choice during Men's Health Week 2017 #MHW2017 and find out more at: <https://goo.gl/JJpW9E> @safefood_eu
(See Image 6)

@safefood_eu has a calorie guide to alcohol. Check it out at: <https://goo.gl/ugvgMM> #MHW2017
(See Image 7)

Men tend to think that bigger portions are the norm. However, bigger portions can make us gain weight @safefood_eu Rethink your portion sizes during Men's Health Week 2017 #MHW2017 See more at: <https://goo.gl/HnKbdS> @safefood_eu
(See Image 8)

Irish men consume more salt compared to women. Eating too much salt may result in high blood pressure, which can lead to stroke or heart disease. Shake the salt habit during Men's Health Week 2017 #MHW2017 Find out more at: <https://goo.gl/ZOPpP0> @safefood_eu
(See Image 9)

At 23.2g/day of fibre, men are ahead of women (17.4g/day). But, unfortunately, men are still falling short of the recommended level of 25g/day. Increase your fibre intake during Men's Health Week 2017 #MHW2017, and find out more at: <https://goo.gl/sLZtdg> @safefood_eu
(See Image 10)

On average, Irish men consume 30.9g of processed meat a day while women consume 19.9g a day. Reduce your meat intake during Men's Health Week 2017 #MHW2017, and find out more at: <https://goo.gl/D88V65> @safefood_eu
(See Image 11)

Carrying weight around your middle, in particular, can increase your risk of related health conditions including heart disease and stroke, type II diabetes, hypertension, sleep apnoea, metabolic syndrome and some cancers. This is why knowing your waist measurement is important. Find out more at: <https://goo.gl/z641d9> @safefood_eu #MHW2017
(See Image 12)



#FindYourTrail encourages men of all ages and ability to enjoy the Irish outdoors during Men's Health Week #MHW2017 <https://goo.gl/zvAUmV>

#WeAllRun wants to encourage men of all ages to get active & start running during Men's Health Week 2017 #MHW2017 <https://goo.gl/Ff4k9l>

Daily Walking is the easiest way for men to get active and @GetIreWalking is here to help you get started #MHW2017 <http://goo.gl/KkFt17>

29 Local Sports Partnerships across Ireland aim to increase levels of participation & help you get active #MHW2017 <http://goo.gl/6NGZFI>

parkrun organise free, weekly, 5km timed runs in Ireland. They are open to everyone and free to take part #MHW2017 www.parkrun.ie

The amount of sugar in energy drinks may surprise you. Some contain up to 17 teaspoons of sugar #MHW2017 <https://goo.gl/JJpW9E>
(See image 6)

Men should not consume more than 17 standard units of alcohol in a week @safefood_eu #MHW2017 More info at: <https://goo.gl/ugvgMM>
(See image 7)

Men tend to think that bigger portions are normal, but they can make you gain weight: @safefood_eu #MHW2017 <https://goo.gl/HnKbdS>
(See image 8)

Eating too much salt results in high blood pressure which can lead to stroke or heart disease: @safefood_eu #MHW2017 <https://goo.gl/ZOPpP0>
(See image 9)

The recommended level of fibre for men is 25g/day. More info is available at: <https://goo.gl/sLZtdg> @safefood_eu #MHW2017
(See image 10)

Irish men consume, on average, 30.9g of processed meat a day. More info available at: <https://goo.gl/D88V65> @safefood_eu #MHW2017
(See image 11)

Men with a waist over 37 inches are at increased risk of health related conditions. See: <https://goo.gl/z641d9> @safefood_eu #MHW2017
(See image 12)

It is estimated that about 8 out of 10 men in Ireland don't eat enough fruit and vegetables. How are you doing? #MHW2017

Men - do you know how much sugar and caffeine are in your energy drinks? ... #MHW2017
www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Eating-In/Drinks/Facts-about-energy-drinks.aspx

Calling all men - are you struggling to shed those extra pounds? We have some gut busting tips here: www.safefood.eu/Healthy-Eating/Weight-Loss/Advice-and-help/Gut-busting-tips-for-men.aspx #MHW2017


Men: why not try a meat-free day each week? Here's why you should eat less (especially processed) meat: <http://bit.ly/1pjHdOM> #MHW2017

Be active = healthy body / healthy mind ... www.youtube.com/watch?v=CJw2ob_QxCY #MHW2017

Do something active for 30 minutes every day to help to control your weight: www.choosetolivebetter.com/content/getting-active #MHW2017

Be active, be social. You're never too old to start. Have you ever tried 'Danderball'? ... www.youtube.com/watch?v=ziNZyVeyq1I #MHW2017

Possible Images ...



Lifting the lid on energy drinks
The facts about sugar and caffeine

Product	Sugar	Caffeine
Rockstar Vengeance	500ml 47g	140mg
Mountain Dew	500ml 44g	90mg
Monster Energy, Monster Assault	500ml 35g	140mg
Red Bull Original	500ml 27g	140mg
Energy Edge	440ml 44g	140mg
Red Bull Energy Drink, Red Bull Blue Edition Blueberry	250ml 27.5g	80mg
Tiger	250ml 27.5g	80mg

For more facts visit safefood.eu

Available at:
www.mhfi.org/Image6Safefood.jpg



Available at:
www.mhfi.org/Image11Safefood.jpg



Available at:
www.mhfi.org/Image12Safefood.jpg

Tuesday 13th June 2017
Trash the Ash - Men and Smoking



Trash the Ash

Smoking is the biggest single cause of untimely death amongst men on the island of Ireland. Indeed, worldwide it has killed more people than both World Wars put together! However, the good news is that these deaths are preventable and, while some men continue to smoke, it is less common than it was in the past. So, how are you doing?

The very moment that you stop smoking your health starts to improve. If you would like to live longer, have more energy, feel less stressed, have better sex, strengthen your body's immune system ... think about kicking the habit. There's loads of help available. Start by checking out www.quit.ie or www.want2stop.info



[NI] Smoking is the biggest cause of avoidable death amongst men on the island of Ireland. Find out more at: www.want2stop.info #MHW2017

[RoI] Smoking is the biggest cause of avoidable death amongst men on the island of Ireland. Find out more at: www.quit.ie #MHW2017

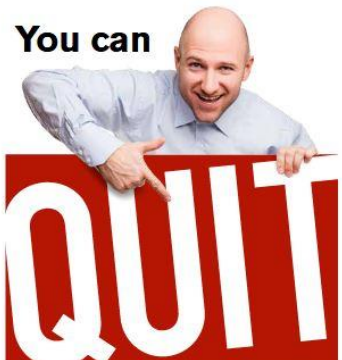




Quit smoking to live longer. Men who quit by the age of 30 add 10 years to their life. #MHW2017

Did you know that you're four times more likely to quit smoking with specialist support and Nicotine Replacement Therapy? #MHW2017

[NI] #MHW2017 The very moment that men stop smoking their health starts to improve. Today's the day to trash the ash! www.want2stop.info/ready-stop-smoking/top-tips

[RoI] #MHW2017 The very moment that men stop smoking their health starts to improve. Today's the day to trash the ash! www.quit.ie/Community/Top-Quit-Tips

Possible Images ...

 <p>You can</p> <p>QUIT</p> <p>We can help</p> <p>Are you ready to try to QUIT smoking? Getting help and support will double your chances of success.</p> <p>  Your QUIT GUIDE starts here </p>	<p>Available at: www.mhfi.org/HSEStopSmoking.JPG</p>
 <p>1 IN 2 SMOKERS WILL DIE OF A TOBACCO RELATED DISEASE</p> <p><u>DON'T BE THE 1</u></p> <p>Find out more</p>	<p>Available at: www.mhfi.org/PHASmoking.JPG</p>

Wednesday 14th June 2017

One More for the Road? ... Men and Alcohol



Do we need one more for the road?

Men's Health Week 2017 is asking men on the island of Ireland to consider a key question: 'How are you doing?' When it comes to alcohol, less is proven to be better for your physical and mental health, as well as your performance in all areas of life. Therefore, this is a crucial question to pose.

To assess your drinking, get tips on cutting down, and find details of support services visit:
www.askaboutalcohol.ie | www.knowyourlimits.info | www.alcoholireland.ie |
www.alcoholandyouni.com



[RoI] Drinking less alcohol is better for your health and your performance in all areas of life. Find out more: www.askaboutalcohol.ie #MHW2017

[NI] Drinking less alcohol is better for your health and your performance in all areas of life. Find out more: www.knowyourlimits.info #MHW2017

[RoI] Visit www.askaboutalcohol.ie to assess your drinking, get tips on cutting down and find details of support services #MHW2017

[NI] Worried about your drinking? ... Get straight talking facts on alcohol misuse at: www.knowyourlimits.info #MHW2017

Learn about alcohol's cancer risk, and how to reduce it, through this guide by the Irish Cancer Society: www.cancer.ie/sites/default/files/content-attachments/alcohol_cancer_and_your_health_2015.pdf #MHW2017

Possible Images ...

 <p>Drink less, you'll sleep better and have more energy to spend with those you love</p> <p>ask about alcohol.ie</p>	<p>Available at: www.mhfi.org/AskAboutAlcohol.jpg</p>
 <p>DRINK LESS AND GREAT NIGHTS BECOME GOOD MORNINGS</p> <p>#littlethings</p> <p>For the average Irish person, drinking less can help you sleep better, have more energy to spend with those you love, and live longer.</p> <p>ask about alcohol.ie</p>	<p>Available at: www.mhfi.org/LittleThings.jpg</p>

Thursday 15th June 2017

Men Overcoming Cancer



How are you doing?

Did you know that men can cut their cancer risk by up to a half simply by choosing a healthy lifestyle? Now that's a statistic worth knowing about! Another bit of good news is that men's cancer survival rates are improving, and the number of men who are smoking is also on the downturn. Long may it continue.

During Men's Health Week 2017 everyone is being asked the question: 'how are you doing?' If the answer is 'not very well' then it might be time to have a think about how to change things for the better.

To find out more about cancer, how to avoid it, and where to get support if you have it, visit:
www.cancer.ie/reduce-your-risk | www.cancerfocusni.org/cancer-prevention |
www.mariekeating.ie/get-men-talking | www.actioncancer.org/Cancer-Info/What-is-Cancer



[RoI] It's Men's Health Week #MHW2017 Use this as a chance to find out about the early warning signs of cancer: www.cancer.ie/reduce-your-risk/mens-health/early-warning-signs-you-cannot-ignore#sthash.Y1N5yaEn.dpbs

[NI] It's Men's Health Week #MHW2017 Use this as a chance to find out about the early warning signs of cancer: www.cancerfocusni.org/cancer-info/signs-symptoms

[RoI] #MHW2017 Are we winning against cancer?... 9 /10 men survive prostate cancer after 5 years. Check out the facts at: www.cancer.ie/cancer-information/prostate-cancer#sthash.7KOHFloj.dpbs

[NI] #MHW2017 Are we winning against cancer?... 9 /10 men survive prostate cancer after 5 years. Check out the facts at: www.cancerfocusni.org/cancer-info/types-of-cancer/prostate-cancer

#MHW2017 Half of all cancers could be avoided by following the recommendations in the European Code against Cancer <http://cancer-code-europe.iarc.fr/index.php/en>

[Rol] #MHW2017 Are you a man aged 60-69 years? Have you participated in the BowelScreen programme yet? If not, check out: www.bowelscreen.ie

[Rol] Men - The BowelScreen test only takes a minute to do at home yourself and could save your life: www.bowelscreen.ie #MHW2017

Possible Images ...

	<p>Available at: www.mhfi.org/NCRI2.png</p>
	<p>Available at: www.mhfi.org/CancerGamePlay.JPG</p>
	<p>Available at: www.mhfi.org/BowelScreenInfograph.png</p>

Friday 16th June 2017

Men and Sexual Health



Chlamydia isn't a Greek island

The 'Challenges and Choices' Man Manual tells us that: "Chlamydia isn't a Greek island or an edible shell fish - it's actually Ireland's most common sexually-transmitted infection, and it's getting worse ... Always practise safer sex. No 'ifs' or 'buts'. Use a condom whenever you have sex because, to be honest, sexually transmitted infections are a great leveller. They can affect you at any age, whether you're straight or gay, in a long-term relationship or with a casual partner ..."

Men's Health Week 2017 poses the question: 'how are you doing?' Sexual health is often the last area of health that we think of. So, today's the day to start giving it more serious consideration, and check out some of the online information at: www.sexualhealthni.info | www.thinkcontraception.ie | <http://spunout.ie/health/category/health-sexual-health>



[NI] #MHW2017 poses the question 'how are you doing?' Yet, sexual health is often the last area of health we think of: www.sexualhealthni.info

[RoI] #MHW2017 poses the question 'how are you doing?' Yet, sexual health is often the last area of health we think of: www.thinkcontraception.ie

[NI] Under 25 and sexually active? Get yourself checked for chlamydia - the most common sexually transmitted infection: www.nidirect.gov.uk/articles/genitourinary-medicine-gum-clinics

[RoI] Under 25 and sexually active? Get yourself checked for chlamydia - the most common sexually transmitted infection: www.hse.ie/eng/services/list/5/Sexhealth

Want to enjoy a healthy sexual relationship with your partner? Check out your nearest STI testing clinic: <http://b4udecide.ie/the-facts/sti-clinics> #MHW2017

Saturday 17th June 2017

Men and Healthy Relationships



[Rol]: **Men and Healthy Relationships**

Most relationships have difficult times and almost every couple argues now and then. But violence is different from common marital or relationship problems. Domestic violence is a pattern of abuse that a current or former partner, spouse, boyfriend or girlfriend uses to control the behaviour of another.

Domestic violence often starts with treats, name-calling, and slamming doors or breaking dishes and it can build-up to pushing, slapping and other violent acts.

If you are experiencing domestic violence or abuse you are not alone. For help and support to get your life back on track, contact Amen at: www.amen.ie

[NI]: **Men and Healthy Relationships**

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Domestic violence often starts with treats, name-calling, and slamming doors or breaking dishes and it can build-up to pushing, slapping and other violent acts.

If you are experiencing domestic violence or abuse you are not alone. For help and support to get your life back on track, contact the Men's Advisory Project (MAP) at: www.mapni.co.uk

Domestic violence signs to look out for

Here are some signs that a friend, co-worker or relative is in an abusive relationship: bruises or injuries that look like they are from punching or choking; black eyes; trying to cover up the bruises with make-up or clothing; making-up an excuse as to how they got the injury - which may not match with the bruises and the explanation; being isolated from friends and family; having to get permission to do things with friends; only having small amounts of money even when they are working.

For help and support visit: www.amen.ie or www.mapni.co.uk



[RoI] Most men want to have healthy and happy relationships. Many do. But if things turn nasty, seek help: www.amen.ie #MHW2017

[NI] Most men want to have healthy and happy relationships. Many do. But if things turn nasty, seek help: www.mapni.co.uk #MHW2017

Domestic abuse is physical, sexual, psychological, financial and emotional abuse by a partner/family member. Men suffer this too. #MHW2017

[RoI] If you are suffering domestic abuse, there are supports out there. You are not alone. Contact Amen: www.amen.ie #MHW2017

[NI] If you are suffering domestic abuse, there are supports out there. You are not alone. Contact: www.mapni.co.uk #MHW2017

[NI] #MHW2017 Maintaining healthy relationships requires effort and facing challenges. How are you doing? ... www.relateni.org

[RoI] #MHW2017 Maintaining healthy relationships requires effort and facing challenges. How are you doing? ... www.accord.ie

To talk to the young men in your life about having healthy relationships, visit <http://b4udecide.ie> #MHW2017

Sunday 18th June 2017

The Importance of Fathers to Children's Outcomes



Happy Father's Day!

Today marks the end of Men's Health Week 2017. Thanks a million to everyone who helped to celebrate the week by organising events, publicising men's health issues, putting up posters, encouraging men to get involved in looking after themselves better ...

When asked 'what is the most important role that you have ever had in your life', many men will say 'fatherhood'. Dads play an extremely important role in their children's lives, and there is a strong body of evidence which shows how they improve outcomes for their children. Father's Day is the perfect time to remind ourselves about how men are winning in this area. To read some of the facts, check out: www.mhfi.org/TheDadFactor.pdf



Happy Father's Day! Have you ever thought about 'what good are dads?' If not, check out: www.fatherhoodinstitute.org/uploads/publications/71.pdf ... #MHW2017

#MHW2017 Fathers play a key role in improving their children's outcomes. This local briefing paper highlights how: www.mhfi.org/TheDadFactor.pdf

What is the evidence for why dads need to be supported to stay involved in their children's lives? ... www.mhfi.org/manmattersbriefing3.pdf #MHW2017

Fathers have a powerful impact upon their children's mental health. Find out how at: www.mhfi.org/FathersAndChildMentalHealth.pdf #MHW2017

#MHW2017 (Men's Health Week 2017) ends today. Thanks to everyone who made it so successful. Here's to next year! ...

Possible Images ...



Available at:
www.mhfi.org/mhw_logo_facebook.jpg