

MEN'S HEALTH WEEK

Monday 14th - Sunday 20th June 2021

Making the Connections
Check In. Check Up. Check It Out.

www.mhfi.org



#MensHealthWeek #CheckItOut



Hi there,

This has been another really exceptional year.

The island of Ireland continues to battle with the global COVID-19 pandemic. Individuals are trying to re-build their lives, relationships, jobs, finances, physical health, emotional resilience, networks, and routines. Some people are living with trauma and bereavement. Others are having to re-focus their priorities. Everyone's mental health has been impacted to some degree.

During this difficult time we have all become disconnected. Therefore, we now need to focus upon re-building our relationships with family, friends, neighbours, work colleagues, community groups, clubs, churches, sporting bodies, support systems, health services ... if we are to overcome this.

Men's Health Week 2021 offers an ideal time to think about how this could be done safely and realistically. Throughout the week, everyone is asked to begin this process of 'MAKING THE CONNECTIONS' and to 'CHECK IN. CHECK UP. CHECK IT OUT.'

So, are you up for the challenge? ...
If so, find out more at:
www.mhfi.org/mhw/mhw-2021.html

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