

# Press release

Working together for  
outstanding care

## Men's Health Week: 11<sup>th</sup> – 17<sup>th</sup> June

This week is Men's Health Week. The main NHS providers of mental health services in the County are encouraging men to get early support for common mental health problems.

Worcestershire Health and Care NHS Trust is campaigning for men to 'have the balls to talk about mental health' and get help early when they feel stressed.

1 in 8 men in the UK have experienced a mental health problem and 3 out of 4 suicides are men. Stress is often a key factor in the development of mental health problems. To allow people to access help as easily and as early as possible the Trust developed the Healthy Minds App which provides tips and techniques to help people self-manage more common mental health problems such as stress, anxiety and low mood.

To download the app simply search 'Worcestershire Healthy Minds' in the App Store and the Google Play Store.

The Worcestershire Healthy Minds team, run by the health and care trust also offer free courses to support people to cope with anxiety and low mood. Each course is made up of 6 sessions and they are held across the county in Malvern, Redditch, Kidderminster, Worcester and Bromsgrove. Topics include worry and stress and anxiety management, assertiveness and relaxation and understanding low mood.

The County has recently been picked to be a Time to Change Hub to combine national campaigns with local knowledge to support communities, workplaces and schools to take action to end negative attitudes and behaviours towards people experiencing mental health problems.

**Claire Shale, Team Leader with Worcestershire Healthy Minds said,** *"All sorts of situations can cause stress. The most common involve work, money matters and relationships with partners, children or other family members. Stress may be caused either by major upheavals and life events such as divorce, unemployment, moving house and bereavement, or by a series of minor irritations such as feeling undervalued at work or dealing with difficult children. Sometimes there are no obvious causes.*

*"By tackling stress, we can go a long way to tackle mental health problems such as anxiety and depression, and,*

*in some instances, self-harm and suicide.*

For more information please visit [www.hacw.nhs.uk/healthy-minds/](http://www.hacw.nhs.uk/healthy-minds/)

**-ENDS-**

*Worcestershire Health and Care NHS Trust is the main provider of community, nursing, therapy and mental health services to people of all ages provided in a range of community venues including; community hospitals and recovery units, schools, community centres, outpatient clinics and in peoples' own homes.*