

Men's Health

We all have mental health and at some point, life or work events may cause us to have some negative health and wellbeing issues.

The university wishes to be a supportive environment for colleagues when they are experiencing negative mental health and wellbeing and there are a number of ways colleagues can seek and receive support.

A number of common health and wellbeing scenarios have been presented which aim to provide colleagues with a pathway to seeking and receiving support.

1:1 Meeting

During a 1:1 with your Line Manager there will be opportunity for a Wellbeing Conversation and this is the time to highlight any health and wellbeing issues with regards to men's health issues. During the conversation, your Line Manager will discuss possible reasonable adjustments or may refer you to Occupational Health allowing for an opportunity to speak to a OH practitioner. The Line Manager can also signpost to internal & external support resources. If there is not a Wellbeing Conversation section during the 1:1, ask for it.

Employee Assistance Programme

MCL Medics is the University's Employee Assistance Programme and they provide a free, confidential and independent resource to help employees balance their work, family and personal lives providing advice, information and assistance on a range of topics. Colleagues are also encouraged to visit their GP (if not done so already) to discuss support options.



Internal Resources

Silvercloud: free online training to support your mental health and wellbeing covering various courses allowing you to support your worries at your own pace such as money, sleep and also resilience course

Togetherall: free online anonymous mental health support any time, any day with clinically trained professionals. Also includes a wide range of self-guided courses to do at your own pace.

Mental Health Champion Network can help you seek support or provide a listening ear.

External Resources

There is a number of external support agencies and charities who provide dedicated support for men's mental health and wellbeing such as Brothers in Arms (a Scottish charity who support men of any age who are feeling down, stressed or anxious who need support without the fear of failure) and CALM (provides listening services, information and support for men at risk of suicide).

[Intranet Health & Wellbeing Home Page](#)