



It's good to talk

Trigger Warning - Please be aware this leaflet talks about suicide

Men's Mental Health – It's OK To Ask For Help

An Advice Guide
for Usdaw Members



Help Is Available

If you're feeling hopeless, despairing, tearful or overwhelmed by negative thoughts – help is available. This leaflet gives details of support organisations you can talk to if you're experiencing negative or suicidal thoughts.

Research shows that men in the UK are more likely to take their own lives than women.

It's not clear why this is, but evidence suggests that men are more likely to:

- Feel pressured to 'get on with things'.
- Keep their thoughts and feelings to themselves.
- Worry they will appear weak if they talk about their feelings or seek support.

Reducing stigma and encouraging men to open up and ask for help is a key factor in preventing male suicide.

With the right support the majority of people who have felt suicidal go on to live fulfilling lives.

The earlier a person lets someone know how they're feeling, the quicker they will be able to get support to overcome suicidal thoughts and feelings.

You don't have to be feeling suicidal to talk to your GP or to call any of the free helplines listed.

There isn't a typical problem that people call the helplines about. You can talk to them in confidence about anything that's making you feel bad. There's no right or wrong way to talk about how you're feeling – starting the conversation is what's important.



Help and Support

Your GP

Speak to your local GP if you are worried about your mental health or experiencing suicidal thoughts. Your GP will discuss how best to support you.

CALM

Raising awareness of suicide and working with communities to challenge stereotypes and stigma that prevent people from talking about how they are feeling.

Helpline: **0800 58 58 58**
(5pm-midnight, 365 days a year)

Mind (England and Wales)

Providing advice and support to empower anyone experiencing a mental health problem, and campaigning to improve services, raise awareness and promote understanding.

Web: **www.mind.org.uk**
email: **info@mind.org.uk**
Tel: **0300 123 3393** (9am-6pm Mon-Fri)

Papyrus

If you are a young person at risk of suicide or are worried about a young person at risk of suicide.

Web: **www.papyrus-uk.org**
Hopeline: **0800 068 41 41**
(9am-midnight, every day)
email: **pat@papyrus-uk.org**
Text chat: **07860 039967**

The Samaritans

24-hour confidential, emotional support for anyone who is feeling troubled.

Web: **www.samaritans.org**
email: **jo@samaritans.org**
Tel: **116 123**



SAMH (Scotland)

Scotland's national mental health charity providing information and advice about where to go for help.

Web: www.samh.org.uk

email: info@samh.org.uk

Tel: **0344 800 0550** (9am-5pm Mon-Fri)

Survivors of Bereavement by Suicide

A safe, confidential environment in which bereaved people can share their experiences and feelings.

Web: www.uksobs.org

email: email.support@uksobs.org

Tel: **0300 111 5065** (9am-5pm Mon-Tue)



The Social vs the Medical Model of Disability

For some time now disabled people have emphasised that it is not so much their disability that prevents them from fully participating in society, but instead it is the way in which society fails to make adjustments for their disability that excludes them.

This emphasis on changing the barriers put up by society, rather than seeing the disabled person as the 'problem', is known as the 'social model of disability'. In other words, disabled people are people with impairments/ health conditions who are disabled by discrimination, exclusion, prejudice and negative attitudes towards disability. Their impairment is not the problem.

The 'medical model' attributes the problems resulting from a disability to medical conditions alone. It concentrates on a person's impairment. Rather than focusing on the barriers society throws up that prevents disabled people from participating equally, the 'medical model' focuses on what disabled people should do to adapt to fit into the world as it is. If they are unable to adapt, the medical model accepts their exclusion.

For example, while a mobility difficulty can have an adverse effect on a person's ability to walk, the fact that the transport system is inaccessible to them has a far greater effect on their ability to get around.

The law is unfortunately rooted in the medical model. It has been rightly criticised for focusing on an individual's impairments and their ability to carry out normal day-to-day activities, rather than on getting rid of the barriers society puts in the way of disabled people.

This leaflet is designed to help understand how the law can support disabled members in the workplace and therefore tends to focus on the medical model.



More Information

Usdaw Nationwide

Wherever you work, an Usdaw rep or official (Area Organiser) is not far away. For further information or assistance, contact your Usdaw rep or local Usdaw office. Alternatively you can phone our Freephone Helpline **0800 030 80 30** to connect you to your regional office or visit our website: **www.usdaw.org.uk**

You can also write to the Union's Head Office. Just write **FREEPOST USDAW** on the envelope and put it in the post.

Join Usdaw

You can join online at:
www.usdaw.org.uk/join



Scan to
join today

What Happens Next

Once we process your application, you will receive a membership card with our Helpline telephone number and a New Member's Pack giving details of all the benefits and professional services available to you.



www.usdaw.org.uk

UsdawUnion

