



# Men <sup>4</sup> Mental Health

A course for men who want to gain a better understanding of their mental health



**We have programmes starting throughout the year.**

**The course is open to any men aged 18-65, living in Essex (excluding Southend and Thurrock).**

**Option to attend in person or online.**

## Contact us:

either by calling:

**03330 322 958**

(9am – 5pm, Monday – Friday)

Or email us at:

**[mh.wellbeingteam@essex.gov.uk](mailto:mh.wellbeingteam@essex.gov.uk)**

## Please note

We **cannot** work with you if you are receiving a service from Essex Partnership University Trust (EPUT).

 [Essex\\_CC](#)

 [facebook.com/essexcountycouncil](https://facebook.com/essexcountycouncil)

The information contained in this document can be translated, and/or made available in alternative formats, on request.

## What can I expect from the course?

**This is a course for men who would like to gain a better understanding of their mental health. The six session programme aims to support you in making healthy choices which will support your wellbeing.**

The programme will be run by two members of our friendly team, with up to six participants.

Over six weekly sessions, each lasting 2 hours, you will have the opportunity to explore and discuss your mental health with mental health professionals and fellow members of your community. It is our goal to help you to:

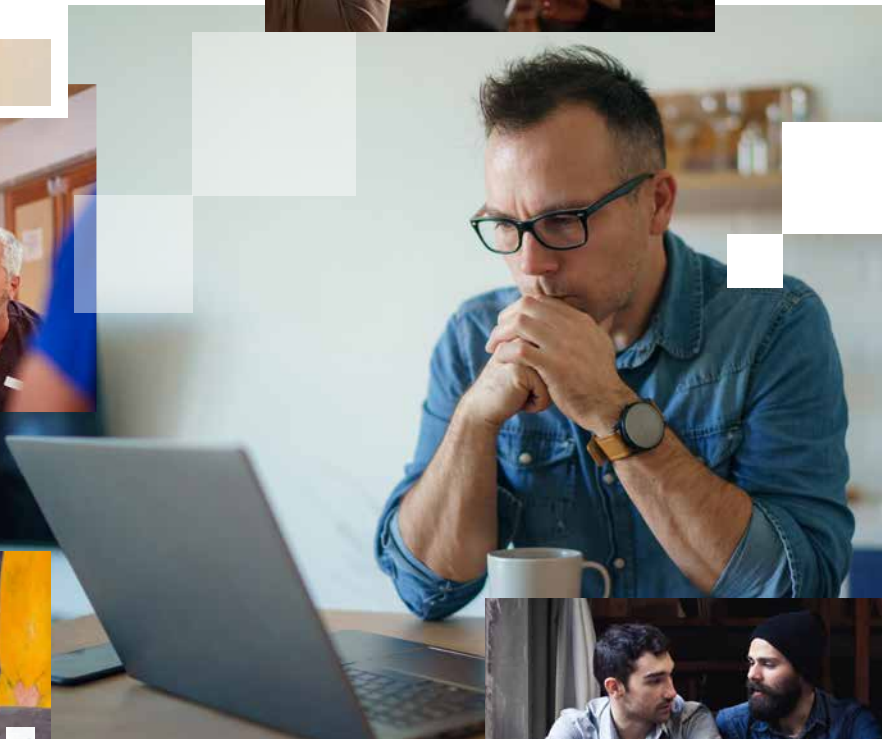
- Gain understanding of your experiences and their impact on your health
- Develop healthy coping strategies
- Make positive choices which will support your wellbeing

## How will the course work?

This course is accessible to anyone who would like to attend. You have the option to meet in person or virtually, whatever you are most comfortable with.

If attending in person, details of venue will be provided before the course starting. If attending virtually, you will be emailed with a link to each session, and you can join on your computer, tablet or mobile phone.

If you have any queries about this, we are on hand to answer any questions.



## What topics will the sessions cover?

### Session 1 - Welcome

Get to know the course facilitators and other members of the course. A chance to begin discussing your experiences of mental health.

### Session 2 - Understanding Mental Health

A chance to see that you are not alone in your experiences. Learn more about your emotions and how they link to your health.

### Session 3 - Mental Health Experiences

An opportunity to explore how your mental health affects both your mind and body.

### Session 4 - Developing Coping Strategies

Begin to think about your existing coping strategies and consider whether they are helpful or unhelpful. A chance to consider what is inside and outside of your control, and how you can manage this.

### Session 5 - Choices

Build an awareness of your choices and consider how they impact your mental health. Develop an understanding of alternative choices which may empower you to make positive changes which will support your wellbeing.

### Session 6 - Moving Forward

Begin to plan your next steps and consider what is important going forwards. Find out about resources in the community which can support you in the future.

