



Fear of offending or saying the wrong thing stopping Brits from checking in on men in their lives

Fear of causing offence or saying the wrong thing is preventing Britons from checking in on men who they suspect may be struggling with their mental health, new research* shows.

A survey commissioned by men's mental health charity [Movember](#) has revealed that just over half (53%) of the 2,000 Britons polled, lacked the confidence to speak to a male work colleague, friend, or family member they were worried about.

The findings, from leading men's health charity Movember, have been released ahead of World Suicide Prevention Day on 10 September. Across the UK, 3 out of 4** suicides are from men, a statistic which has remained relatively consistent since the mid-90s.

When asked why they wouldn't feel confident approaching the men in their lives about their mental health, one in three (34%) said they feared causing offence, followed by 31 per cent who feared saying the wrong thing. Just over one in four also said they worry about intruding (29%) or causing embarrassment (28%).

"We know that strong social connections are an important protective factor against suicide", says Brendan Maher, Global Director of Mental Health and Suicide Prevention.

"People know it's important to have meaningful conversations to support others; however, confidence and knowledge around how to do this with men is low. These conversations can often feel uncomfortable or awkward but checking in on your mates and loved ones can make the world of difference. Don't assume they don't want to be bothered or don't want to talk. Just making the call can go a long way."

To help build the confidence of those wanting to support the men in their lives who might be struggling, Movember has created [Movember Conversations](#).

The free interactive digital tool presents a number of scenarios relevant to today's world including job loss, social isolation, and family pressures. It uses simulated conversations to explore and practise how anyone might navigate a difficult conversation with someone they care about.

As the leading charity changing the face of men's health on a global scale, Movember continues to prioritise and invest in mental health and suicide prevention.

Most recently, the [Veterans and First Responders Mental Health Program](#) saw £4.47 million of funding put towards identifying and evaluating 14 promising programs around the globe aimed at improving the mental health and wellbeing and prevent suicide in veterans and first responders, including three projects in the UK.



For more information on Movember Conversations, and to get help, visit movember.com/suicideprevention

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About the research

* Omnibus research gathered from nationally representative sample of 2000 British adults, commissioned by Opinium between 27th - 31st August.

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<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2020registrations>

About Movember

Movember is the leading charity changing the face of men's health on a global scale, focusing on mental health and suicide prevention, prostate cancer and testicular cancer.

The charity raises funds to deliver innovative, breakthrough research and support programmes that enable men to live happier, healthier and longer lives. Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,250 projects around the world.

In addition to tackling key health issues faced by men, Movember is working to encourage men to stay healthy in all areas of their life, with a focus on men staying socially connected and becoming more open to discussing their health and significant moments in their lives.

The charity's vision is to have an everlasting impact on the face of men's health. To donate or learn more, please visit [Movember.com](https://www.movember.com).