

November – November 2023

<https://uk.movember.com/>

<https://www.startaconversation.co.uk/>

#StartAConversation #Movember

Movember is a national campaign that focuses on men's mental health, suicide prevention, and prostate and testicular cancer.

Join us in sharing important messages about men's mental health.

Graphics available: <https://www.canva.com/p/mo-vember/>

Social media posts examples:

Message	Channel
<p>It's Movember 🙋</p> <p>Join us over this important month to share messages about men's mental health and suicide prevention 🗣️</p> <p>Remember, mental health and suicide prevention are everyone's business, so let's talk!</p> <p>For more information, advice, and guidance visit ↓ www.startaconversation.co.uk/</p>	Facebook LinkedIn Nextdoor
<p>Did you know that male suicides are 3 times higher than that of females?</p> <p>If you are worried about a man in your life, reach out and start talking 💬</p> <p>🗣️ It's time to #StartAConversation</p> <p>For more advice visit ↓ www.startaconversation.co.uk/im-worried-about-someone-else #Movember</p>	Twitter
<p>Around 75% of all suicides in LLR are male 👤</p> <p>If you are worried about a man in your life, reach out and ask how they are doing.</p> <p>🗣️ It's time to Start a Conversation about men's mental health.</p> <p>For more advice and guidance visit ↓ www.startaconversation.co.uk/im-worried-about-someone-else</p>	Facebook LinkedIn Nextdoor
<p>Some men may not feel they can talk about how they are feeling, but we want to make sure you know you are not alone ❤️</p> <p>Reaching out to talk or ask for help is really brave.</p>	Facebook LinkedIn Nextdoor

<p>Be brave today and tell someone how you are really feeling 🗨️</p> <p>For advice on having a conversation visit ↓ www.startaconversation.co.uk/sac-resources</p>	
<p>🗣️ We all have a role to play in reducing male suicide #Movember</p> <p>To play your part commit to starting more conversations and challenging the stigma.</p> <p>Show your support by signing our pledge or becoming a #StartAConversation champion today.</p> <p>For more information visit ↓ www.startaconversation.co.uk/join</p>	Twitter
<p>Our mental health is just as important as our physical health. Building up our mental resilience is important to help with day-to-day life, as well as those big challenges.</p> <p>Commit to learning more about how you can build your mental resilience today and share the message with a man you know 🧑🏻</p> <p>For more information and advice visit ↓ www.startaconversation.co.uk/mental-health-resilience #StartAConversation</p>	Twitter
<p>Some men don't get the help they need because they feel they can't talk about how they are really feeling.</p> <p>We all need to help to challenge the stigma around mental health and suicide 🧑🏻🧑🏻</p> <p>For advice on how you can do this visit ↓ www.startaconversation.co.uk/mental-health-stigma or www.startaconversation.co.uk/suicide-prevention-stigma</p>	Facebook LinkedIn Nextdoor
<p>Sometimes you may be able to tell when someone isn't quite being themselves. But sometimes people, especially men, are good at hiding the signs.</p> <p>👁️ Would you know what to look out for?</p> <p>To learn more yourself to help the men your life visit ↓ www.startaconversation.co.uk/im-worried-about-someone-else</p>	Facebook LinkedIn Nextdoor
<p>We know reaching out for support can be really daunting, but it is important to remember that you are never alone ❤️</p> <p>🧑🏻 Starting a conversation with someone may be the first step.</p> <p>For help finding services near you ↓</p>	Twitter





www.startaconversation.co.uk/find-help

#StartAConversation #Movember

Do you want to help support people talk about their thoughts of suicide?

Our Start a Conversation Team have created a new e-learning course for everyone and anyone to use.

The e-learning module has been developed to help increase your:

-  awareness of suicide prevention and how you can play a role
-  knowledge of the impacts suicide can have and its prevalence
-  knowledge of the signs of suicide
-  confidence to have a healthy conversation about suicide
- awareness of local signposting options and resources

We realise that talking about suicide may be hard, but by starting a conversation, you may save a life.

You can access the training via the Start a Conversation website:

www.startaconversation.co.uk/sac-training

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