

Team talk aims to improve discussion on mental health amongst men



Men aged 30-64 are invited to attend a 'Team Talk', run by The Changing Room, on Monday 11 June at Easter Road Stadium.

Taking place within the Clubhouse at the West Stand from 6pm to 8pm, the 'Team Talk' will run at the start of Men's Health week in the UK, which aims to promote positive messages surrounding men's health.

Men are sadly two-and-a-half times more likely than women to die by suicide each year with the biggest group at risk being men in their forties and early fifties.

'Team Talk' was first delivered earlier this year in April as part of the 12-week programme which is currently being run by The Changing Room, with the aim to bring it to a wider audience ahead of Men's Health week.

This session will provide men with the opportunity to learn more about general mental health and how to recognise different causes and symptoms of various mental health issues. It will also ensure that men have an increased ability and knowledge to better self-manage their own mental health, as well as aiming to reduce the stigma so often associated with mental health.

Spaces are limited so if you are keen to come along, please contact thechangingroom@samh.org.uk to confirm your attendance.

The Changing Room is a two-year pilot project which aims to target men aged 30-64 in an attempt to improve discussions surrounding mental health.

The project is being run in conjunction with the Scottish Professional Football League Trust (SPFL Trust) and Hibernian Football Club to engage with men in the heart of their community, to take action for their mental health.