

Employee Health and Wellbeing

Men's Mental Health - June 2021

In light of Men's Health Week (14 - 20th June), this month we are focusing on the importance of men's mental health. Studies show that men are less likely than women to access psychological therapies, report lower levels of life satisfaction than women and are three times as likely to die by suicide.

Information and support for men's mental health

CALM – the Campaign Against Living Miserably was set up to try to reduce the number of male suicides. Whatever your gender, you can [access support online here](#), or call the CALM helpline, which is open 5pm - midnight every day: 0800 58 58 58

Men's Sheds provides a place for men to find mutual support and friendship through practical activities and social interaction. You can [find your local Men's Shed here](#).

The Men's Health Forum provides information about physical and mental health, including a helpful '[Beat Stress](#)' section.

We are holding a drop-in session for Men's Mental Health on Tuesday 29th June at 9:30 – please see the details below to book your space.

Wellbeing Workshops

Stress Risk Assessment session

9.30am - 11.30am
Tuesday 1 June



Menopause Awareness Session

1pm - 2.30pm
Monday 7 June



Wellbeing Champion Training

9am - 1pm
Thursday 10 June



Assertiveness Workshop

1pm - 3pm
Friday 11 June



Introduction to Compassion and Self-Care

9.30am - 11.30am
Tuesday 15 June



Menopause Cafe

1pm - 2pm
Friday 25 June



Men's Mental Health session

9.30am - 10.30am
Tuesday 29 June



Further support for everyone

The Employee Wellbeing Service can provide support through counselling, guided self-help and signposting to other resources or services. In addition to telephone appointments, we are now offering video call appointments using the 'Attend Anywhere' platform. Call 02920 744465 or email employee.wellbeing@wales.nhs.uk to refer yourself.

Health for Health Professionals Wales are providing free mental health support to all Health Professionals and Healthcare Students working in NHS Wales.

Samaritans offer a free, confidential telephone helpline where you can talk to someone about anything that is troubling you. The helpline is open 24 hours a day, 365 days a year. Call: 116 123

C.A.L.L is a mental health helpline, offering a confidential listening service. The service is open 24 hours a day, 365 days year. You can call 0800 132 737 or text help to 81066.

The Remploy Access to Work Mental Health Support Service provides confidential one-to-one workplace mental health support for Cardiff and Vale University Health Board employees or apprentices. To make a referral, you can call the team on 0300 456 8114, or speak to an adviser through the online chat service.

If you are in crisis and do not feel you can keep yourself safe, contact your GP or the emergency services on 999 or 111.



EMPLOYEE HEALTH &
WELLBEING SERVICE
Occupational Health
Occupational Physiotherapy
Employee Wellbeing



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board