

MEN'S HEALTH AWARENESS



Men's health awareness week takes place from June 13th to June 19th. The aim is to raise awareness around both physical and mental health issues experienced by men.

- **Prostate Cancer** – 1 in 8 men will be diagnosed with prostate cancer in their lifetime. Be aware of the signs & get checked: Frequent urination, weak urine flow, blood in urine, pain when urinating, erectile dysfunction.
- **Testicular Cancer** – Men in their early 30s are most likely to be diagnosed. Learn how to check yourself and do so regularly.
- **Mental Health** – Men often don't seek support for mental health issues. Issues can show in many different ways like changes in mood, sleep problems, sadness, hopelessness, feeling flat and so on. Confidential support is available through Care first.

More information

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.