

Movember – November 2024

uk.movember.com

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: uk.movember.com/get-involved/impact-assets

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>	X
<p>Around 75% of all suicides 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> <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>Facebook LinkedIn Nextdoor</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>	<p>X</p>
<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>	<p>X</p>
<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</p>	<p>Facebook LinkedIn Nextdoor</p>
<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>	<p>Facebook LinkedIn Nextdoor</p>

<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 ↓ www.startaconversation.co.uk/find-help #StartAConversation #Movember</p>	X
<p>Do you want to help support people talk about their thoughts of suicide?</p> <p>Our Start a Conversation Team have created a new e-learning course for everyone and anyone to use.</p> <p>The e-learning module has been developed to help increase your:</p> <ul style="list-style-type: none"> 🧠 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 <p>We realise that talking about suicide may be hard, but by starting a conversation, you may save a life.</p> <p>You can access the training via the Start a Conversation website: www.startaconversation.co.uk/sac-training</p>	Facebook LinkedIn Nextdoor