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- ▶ Module; Changemakers creativity and value creation
- ▶ Module code: BMHP5014_BIRM



E-PORTFOLIO EVIDENCE OF LEARNING
COMPRISING OF 4 SEPARATE ITEMS

Task 2

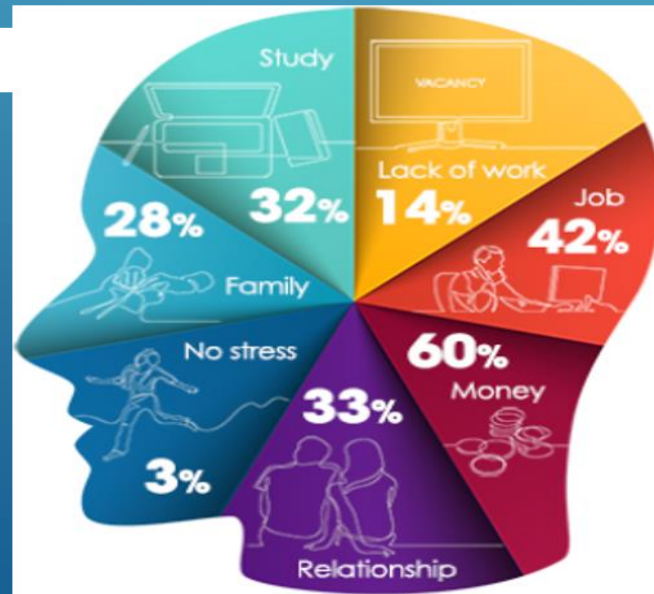
Investing into men's mental health

4 in 5 suicides are men that's a staggering 78% are men

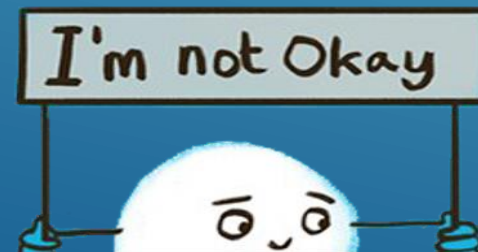
Why is it important to invest into men's mental health? Why am I not saying everyone's mental health? As a society we have stigmatized men to be the bread winners and to basically just get on with life even though they may have pressures from jobs, home life just get on with it. Women are not stigmatized they can openly talk and have a lot more resources than men to approach if their mental health deteriorates. There is a gap in this area. It needs filling. According to (2021) men don't talk. Having a baby is meant to be a joyful time according to (2021) a staggering 38% of men after having a baby are concerned about their mental health. Yet as a society we only hear about women's postnatal depression after having a baby. These are examples. It's getting to the cause of why men feel they can't or won't speak out breaking it and giving men a path to talk about how they feel. From my own personal experience, I lost my father this year and he suffered with severe mental health for years, didn't tell no one for a long time. When asked why he never, his reply was I have to be strong for the family. No. His wellbeing every man's wellbeing as just as important as women's and as every human beings. I want to change this we must be the change in this area to break this stigma. According to (Boettcher et al., 2019) men with a heavier workload tend to be higher at risk for depression having said this, this could also be a possible window for helping men with mental health support from managers that can lead them in the right direction such as the appropriate counselling and posters around the workplace so it's 'normalized'. I think we should do this through advertising as much as possible, posters in places like gyms workplaces, and a television advertisement.

Task 5

The stigma attached to mental health causes an attitude making it harder for men to reach and connect with help we can contribute and raise awareness to this unseen illness. The best possible way is for us to raise understanding and facts down to causes, solutions, and recognizing it as a proper illness and not an ignorant one because it's not seen and get help for men their journeys and recovery according to



IT'S OKAY TO NOT BE OKAY





Mental Health Awareness For Men



Why are men not talking about how they feel?

Men are more likely the women to be sectioned.

Men are three times more likely to use drugs and alcohol than women when depressed

Lets be the change for mens mental health awareness

Breaking the social expectation for men

Three times more men die from suicide

87% of rough sleepers are men





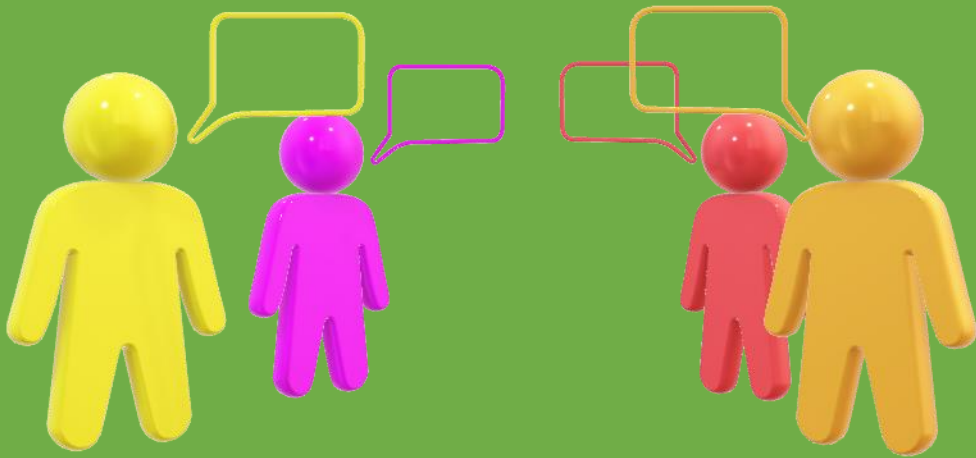
LET'S GET MEN TALKING ABOUT HOW THEY FEEL

Let's Talk, Brothers
Uncles, Dads,
Grandads Sons,
Cousins' friends lets talk.

If you feel you want to
talk to one of our trained
staff call us on 0300 623
623 Anything discussed
is confidential



According to (talking about men's mental health 2021) ways in which we can show men and help them through mental health, check in with them ask how they are feeling noticing any changes in behaviors, might be moodier then normal, remember you asked them if there ok so be ready to listen weather you have advice or not listening is a valuable key to getting men to talk more seem interested no matter how big or small, plan to reconnect so they know there not alone. Men feel too.



Task 6



16 coles
lane
Erdington
Birmingham
B23 6du

DEAR ITV MEDIA

I AM WRITING TO YOU ABOUT AN ADVERTISEMENT THAT I HAVE IN MIND FOR MEN'S MENTAL HEALTH AWARENESS AND ASKING FOR YOUR SUPPORT. (2021) SAYS STATICS SHOW THAT WHILST WOMEN'S MENTAL HEALTH IS HIGHER THAN MEN. THAT SUICIDE IS SIGNIFICANTLY HIGHER THAN WOMEN. THIS IS BECAUSE MEN FEEL AS STIGMA 'NOT TO SPEAK OUT'. I WOULD LIKE AN ADVERTISEMENT THAT SUPPORTS THIS AREA OF MENTAL HEALTH FOCUSING ON MEN'S MENTAL HEALTH AND WAYS FOR THEM TO SPEAK OUT, BRINGING EVERY RELIGION, EVERY ETHNIC BACKGROUND AND EVERY WALK OF LIKE INTO AN ADVERTISEMENT.

THIS SUPPORT IS NEEDED FOR MEN TO FEEL THAT ITS NOT A TABOO AND AS ITV MEDIA IS ONE OF THE MOST POPULAR CHANNELS ON OUR TV ACCORDING TO (HOME 2021) VIEWING IS AT 3.9 MILLION IN THE EVENINGS, BETWEEN 18:00- 18.30 THIS IS AN APPROPRIATE TIME FOR THE ADVERTISEMENT TO BE SHOWN. WHEN MEN HAVE NORMALLY FINISHED WORK, ARE SITTING WITH THEIR FAMILIES, AND WILL SEE THE ADVERTISEMENT IN BETWEEN PROGRAMS. I THINK THIS WOULD BE A GREAT COURSE AND WOULD WIDEN ITV MEDIAS AUDIENCE AND GIVE MEN A CHANCE TO SPEAK OUT ABOUT THEIR MENTAL HEALTH.

I HAVE DONE SOME RESEARCH THAT SHOWS ACCORDING TO (MEN AND MENTAL HEALTH,2021)THREE TIMES MORE MEN WILL DIE BY SUICIDE THEN WOMEN, BETWEEN THE AGES OF 40-49 HIGHEST SUICIDE RATE. ONLY 39% OF MEN USE THERAPY SESSIONS THE REST ARE WOMEN. IN PRISON, MOST OF THE POPULATION ARE MAN, WHO MOST SUFFERING FROM MENTAL HEALTH. THREE QUARTERS OF GROWN ADULTS THAT GO MISSING ARE MEN.

THIS ADVERTISEMENT WILL GIVE MEN HOPE, AND WITH THE HELP OF A VERY DIVERSE ADVERTISEMENT OUR AIM WOULD BE TO ATTRACT OUR AUDIENCE OF MEN TO COME FORWARD AND KNOW THERE IS A LIGHT AT THE END OF THE TUNNEL, IT'S A PURPOSE OF HOPE AND IF THIS REACHS EVEN A QUARTER OF YOUR VIEWERS ATTENTION AND GETS THEM THE HELP THEY NEED AND DESERVE I WOULD SAY WE HAVE DONE WHAT WE AIMED TO DO. PLEASE CONSIDER THIS AS A STEP IN THE RIGHT DIRECTION FOR OUR YOUNGER GENERATION OF YOUNG MEN AND LET'S BE THEIR NEW OPENING DOOR OF HOPE.

YOURS SINCERELY SUE DOYLE



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