

Men's Health

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Wellbeing Manager

A white speech bubble shape on an orange background containing the text "Bank Workers Charity".

**Bank
Workers
Charity**

We exist to support the health and wellbeing of current and former bank employees, and their families.

**Bank
Workers
Charity**

Independent

We're entirely independent of the banks

About us

Advice and support

We provide information, advice and support

Free and Confidential

Our services are free and confidential



Health Services

Referrals to IAPT

In 2020, **only 36%** of the referrals to IAPT were for men.

Visiting the GP

Men see the GP **half as much** as women, during working age.

Health check ups

Women have **four times** as many opportunities to meet with medical professionals.

Avoidance

Waiting until symptoms have **worsened** before seeing a doctor.

Relationships



Postnatal depression often goes **undiagnosed**.



Almost half of males are more comfortable having **open conversations** about difficult topics.



The police receive a 999 call **every three minutes** from a male victim of **domestic abuse**.

Early Adulthood & Social Media

1 in 4

men aged 16-24
had self-harmed.

1 in 4

of people with
eating disorders
are male.

Half

of males say social
media, celebrity culture
and mass media create
pressure to have the
'perfect body'.

Midlife

Prostate cancer



- Most commonly diagnosed cancer in the UK.
- Mainly affects men over 50.
- Anyone assigned male at birth can get prostate cancer.
- Generally, 1 in 8 men will get prostate cancer in their lifetime.
- 1 in 4 black men will get prostate cancer in their lifetime.
- Get advice from your GP.

Midlife

Suicide



- More males are dying by suicide than females.
- Gay and bisexual men are x4 times more likely to attempt suicide across their lifetime.
- Males aged 45-49 continue to have the highest suicide rate.
- Experiencing 'burn out'.
- Changes in behaviour.

What can you do?

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**Talk to
someone
you trust**

**Ask twice
How are you?**

“Boy’s don’t cry”

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Need to be
strong



Not needing help
or expressing
certain emotions



Crying makes
you look weak

Initiatives

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BURNHAM
UK
Men's
Sheds
Association



MFF
MUSIC. FOOTBALL. FATHERHOOD.



**GREEN
GYM**TM

Clubs

Support

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SHOUT

<https://giveusashout.org>

Movember

<https://uk.movember.com/>

Switchboard

<https://switchboard.lgbt>

**Men's Advice
Line**

<https://mensadviceline.org.uk/>

Supporting the banking community past and present



0800 0234 834



<https://www.bwcharity.org.uk/contact-us>



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