



**From 9 to 15 June 2025**, the spotlight turns to men's physical and mental health as part of **Men's Health Week**, a national awareness campaign organised by the **Men's Health Forum**. This year, the focus is clear and urgent: suicide prevention.

Suicide remains one of the leading causes of death among men under 50 in the UK. Many of these lives could be saved through early support, more open conversations, and better access to mental and physical health services. Men's Health Week 2025 is a rallying call to encourage men and boys to take their health seriously, check in with one another, and break the silence surrounding male wellbeing.

### What Is Men's Health Week?

Men's Health Week is an annual campaign to raise awareness about preventable health issues, promote early intervention, and encourage men to take responsibility for their health. First launched in the UK in the early 2000s, the week is now an established fixture in the public health calendar.

The Men's Health Forum, a charity focused on improving health outcomes for men and boys, leads the campaign with expert-backed guidance, free resources, and a focus on key issues affecting men today.

Each year's campaign shines a light on different aspects of health. For 2025, the emphasis is on suicide prevention—an issue that continues to affect thousands of families across the country.

### Why Suicide Prevention?

According to the Office for National Statistics (ONS), three out of four suicides in the UK are by men, with the highest rates among those aged 45–49. Social stigma, emotional suppression, and reluctance to seek help are some of the barriers that prevent men from reaching out before it's too late.

This year's campaign aims to:

- Encourage men to speak up when they're struggling
- Equip family, friends, and workplaces to spot the signs and offer support
- Promote resources, helplines, and local services
- Advocate for system-level change in how we approach male mental health

### Key Topics This Week

Throughout Men's Health Week 2025, the Men's Health Forum will be focusing on a mix of physical and mental health concerns, such as:

- Mental health and emotional wellbeing
- Heart health
- Cancer awareness, especially prostate and testicular cancer
- Fitness and healthy eating
- Substance misuse
- Access to healthcare services

But it's the conversations about suicide prevention—how to listen, talk, and intervene—that will take centre stage.

### How to Get Involved

Here's how individuals, workplaces, and communities can take part in Men's Health Week:

- **Start a conversation** – Talk to the men in your life. Ask how they're really doing.
- **Raise awareness in your workplace** – Organise wellbeing events, lunch-and-learns, or share resources from the Men's Health Forum.
- **Signpost to support** – Ensure that men know where they can go for help, whether that's their GP, a charity, or a peer support group.
- **Download the "Toolbox Talks"** – Free workplace health packs from with tips and activities for each day of the week.
- Use the hashtags **#MensHealthWeek** and **#ManMOT** on social media to join the conversation.

## Support in North Tyneside

There are lots of local services available to support men's health in North Tyneside:

**Living Well North Tyneside** – Explore a wide range of local activities, mental health resources, support groups, and men's wellbeing initiatives:

**Everyturn Mental Health (formerly Mental Health Concern)** – Offering talking therapies, crisis support, and tailored services for men.

**Andy's Man Club** – A safe space for men to talk every Monday evening in Newcastle and surrounding areas.

**North Tyneside Talking Therapies** – NHS-run support for common mental health issues including anxiety and depression.

**Healthwatch North Tyneside** – Share your views and help improve local services for men:  
[www.healthwatchnorthtyneside.co.uk](http://www.healthwatchnorthtyneside.co.uk)

## Final Thoughts: Men's Health Deserves Attention

Good health is not just the absence of illness—it's about living well, mentally and physically, at every stage of life. Yet men are often slower to seek help or open up about health problems until they become critical.

Men's Health Week 2025 reminds us that prevention matters, early conversations matter, and every man deserves access to the support he needs. Whether you're checking in on a friend, learning how to support your colleagues, or taking that first step for your own wellbeing—it counts.

Because behind every statistic is a son, brother, partner, friend, or father who just needs to know he's not alone.

## Related Links

- [Men's Health Forum](#)
- [Andy's Man Club](#)
- [The Shed](#)
- [Everyturn Mental Health](#)
- [Healthwatch North Tyneside](#)
- [North Tyneside Talking Therapies](#)



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