

AM I THE KIND OF MAN WHO?

International Men's Day offers us all a chance to reflect on what kind of man we are or want to be.
Am I the kind of man who.....

DOESN'T

Go to my GP regularly?

Ireach survey found 42% of men put off going to the GP with a health concern. Late presentation to health services by men leads to a large number of problems becoming untreatable

Get enough exercise?

66% of Irish men are either overweight or obese

Have a healthy work life balance?

A new survey by UK mental health group Mind has found that men are more likely to suffer from mental health issues relating to work than their female counterparts

Talk about how I am feeling?

Sadly, a quarter (24%) of men surveyed by YouGov confessed that they would be unlikely to speak to their male friend about their mental wellbeing

DOES

Check my testicles regularly for any abnormal lumps?

www.hse.ie [how to check your testicles](#)

Make movement habitual?

Attach movement to something you regularly do. When I'm waiting for a kettle to boil I'll stretch

Use Leave entitlements?

Proudly uses annual, paternity and parental leave where available to take time out and connect with family, friends, and self

Ask my male friends how they are doing?

82% of men admitted to worrying about the wellbeing of a male friend in the last year

RESOURCES

<https://www.mhfi.org/>
<https://malehealth.ie/>
<https://www.sportireland.ie/YPB/MOM>

On-duty EAO available at 0818 008120
Monday – Thursday: 9am – 5.15pm
Friday: 9am – 5pm
Appointments are available evening and weekends if required

Seirbhís Chúnaimh
d'Fhostaithe na Státseirbhíse



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