



# Men's Health Week

13<sup>th</sup> – 19<sup>th</sup> June 2022



## It's Time for Your MOT

Macmillan estimates around 50,000 men missed a cancer diagnosis during the pandemic. Additionally, around one in eight men has a common mental health problem. We can tackle such numbers by seeking help from your GP and even family and friends.

## Visit Your GP

If you're worried about something, it's time to get it checked out. Whether a strange mole or a tight chest, it's best to get help from a professional who can tell you what's what.

## Speak To Your Support Systems

Times can be challenging, especially since the pandemic, so reaching out to loved ones for support is essential. If you feel like you can't speak to them, why not try and find a support group?

## Visit [Menshealthforum.org.uk](https://menshealthforum.org.uk)

Finally, the Men's Health Forum had a variety of helpful tips, stats and guides to help you look after yourself.