

Men's health conversation starters



A guide for line managers



Give them recognition

Acknowledging that men have different needs to women when it comes to work is really important.

Men need to feel that they're recognised for what they're doing, but also who they are.



Encourage confidential chat

Men engage better when they know it is discreet and confidential.

Book out a private room or try walking side-by-side with a colleague. It makes those conversations less daunting.



Ask... and ask again

A lot of men will say they're alright when actually they're not.

So, either ask in a different way, or ask twice (and really listen to their answer).



Focus on prevention

The blurring of lines between work life and home life, that feeling of being 'always on' and never being able to switch off, can do a lot of harm if it becomes a habit.

So, it's important to encourage healthy habits.



Regular check-ins

If you're working remotely, casual conversation when you might say 'Actually, I'm not feeling too great,' is missing.

Arrange regular check-ins with team members and encourage staff to meet for coffee on Zoom, just for a chat.



Set achievable goals

Two things that affect the mental health of people in the workplace are not feeling heard or seen.

It's important to address these issues head-on to help support male employees' mental health.

Healthcare, the way it should be



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