



Men's Health

Conversation Starters



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

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)

Encourage confidential chat

Men engage better with healthcare when they know it is discreet and confidential

If access to confidential health experts isn't yet an option, try walking side-by-side with a colleague, it makes those awkward conversations less daunting

Focus on prevention

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

So, it's important to encourage healthy habits

Regular check-ins

Working remotely means that 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

Peppy Men is a first-of-its-kind digital health app designed specifically for men.