



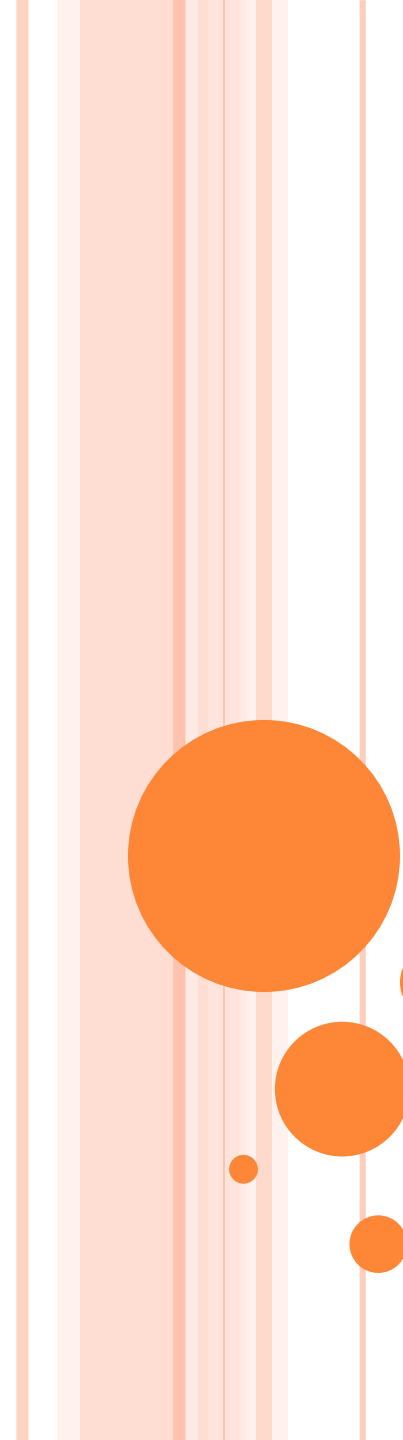
Sue Littlefair

Director - The Washington Group

Paul Stewart

Save Association





INTERNATIONAL MEN'S DAY

Tuesday 19th November
Venue

Blackpool Football Club
9.30am to 4.00pm



SAVE
SAFEGUARDING AND VICTIM ENGAGEMENT

time to change
blackpool
let's end mental health discrimination



The Washington Group



Blackpool**Council**
PUBLIC HEALTH

Empowerment



RECOVERY COMMUNITY
The Next Step



WHAT IS IMD 2019?

The aim of **International Men's Day 2019** is to raise awareness of **men's** issues. These include mental health, well being and the prevalence of male suicide.



WHY IMD2019?

FACT 1

In 2018 - 5020 men took their own lives in the UK

FACT 2

Men are 3 times more likely to die by suicide than women.

FACT 3

Suicide remains the most common cause of death for men aged 20 – 49.



IMD BLACKPOOL2019?

The Mind Charity research states that:

1. Men are twice as likely to have mental health problems due to their job, compared to problems outside of work.
2. Men are less prepared to seek help and take time off than women.
3. Men often try to find ways of dealing with their problems independently rather than reaching out and sharing their problems. Instead of talking about their problems, men prefer to self-medicate, such as drink alcohol.

IMD Blackpool2019 want to support local businesses to enhance their management practices and policies through sharing best practice and providing updated knowledge of Mental Health services in Blackpool.



SO WHY BUSINESSES?

You will have the opportunity to:

- Listen to real life stories from employed men who have been in crisis and how they have or are dealing with their emotions in everyday life.
- Attend interactive workshops that give solutions and support in the workplace to situations arising with individuals in a work environment
- Attend a small market place of community organisations offering support within the local communities
- Sign up to the Time to Change Campaign



HOW DO YOU SIGN UP

- Limited to 100 local businesses who are either based in Blackpool or employ local Blackpool residents.
- Click event bright to sign up for your free place

[Eventbrite IMD2019](#)

- For more information please contact:
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