



**Member training:**

## **Men's Mental Health**



## **November featured training**

### **Men's Mental Health**

Mental health is essential for a happy and full life, yet there is often a lack of awareness and understanding of how men experience mental health. Perceptions of masculinity, gender stereotypes and stigma, can also make it harder for men to recognize when they might need support. As a result of these complex factors, there is a disproportionate difference between the number of males experiencing mental health disorders and those seeking treatment. This session will explore men's mental health and unpack the key components of psychological well-being for men, delving into some of the more damaging societal norms that disempower men from accessing help.

#### **Learning Points**

- Explore what mental health looks like for men across the globe
- Identify mental health concerns for men and recognize signs of anxiety and depression
- Discuss mental health for men including aspects such as toxic masculinity
- Explore how to normalize mental health including destigmatizing concerns
- Discuss actions that can be taken when reaching out for help

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

<p><b>Recorded sessions</b> On demand (no Q&amp;A)</p> <p><a href="#">Watch here</a></p> <p><b>Short on time?</b></p> <p>Watch the 10-minute summary <a href="#">here</a></p>	<p><b>18<sup>th</sup> November</b> 11AM-12PM Central Time (with Q&amp;A)</p> <p><a href="#">Register now</a></p>	<p><b>19<sup>th</sup> November</b> 1PM-2PM Central Time (with Q&amp;A)</p> <p><a href="#">Register now</a></p>	<p><b>25<sup>th</sup> November</b> 7AM-8AM Central Time (with Q&amp;A)</p> <p><a href="#">Register now</a></p>	<p><b>26<sup>th</sup> November</b> 1AM-2AM Central Time (with Q&amp;A)</p> <p><a href="#">Register now</a></p>
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**Space is limited for the live training session options, so advance registration is required.**

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Emotional Wellbeing Solutions resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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