



Belfast Health and
Social Care Trust

Training

MAN ifest

Connecting Men With Mind Fitness

MANifest: Connecting Men with Mind Fitness



Dates:

1st and 2nd December 2021

Times:

9.30am - 12.30pm

Facilitator:

Men's Health West trainers

Target Audience:

Any practitioners or service providers (male or female) who work with men in any setting.

Aim of Course:

To explore the key issues that impact men and their mental wellbeing and understand how to effectively engage with men and signpost them to a range of services.

Learning Objectives:

- Explore why we need to work with men as a specific group
- Understand the broad determinants of men's mental wellbeing
- Explore the barriers that men experience when accessing health and social care services and how to create opportunities to engage with them
- Increase the confidence of participants in relation to working with men.

Course Content:

- The need to create a 'Safe Space' for men
- Understanding men through their eyes and life experiences
- Personal strengths and qualities required to work with men
- Why focus on men and their mental health?
- Barriers to men seeking help and support
- Opportunities to create the conditions for engagement
- Signposting to sources of information, help and support
- Top tips for engaging with men.

Please note: The course explores mental health issues including suicide. Therefore it may not be suitable for anyone recently bereaved or affected by suicide.