

E-Male Matters

Spring 2025

The newsletter of the Men's Health Forum in Ireland

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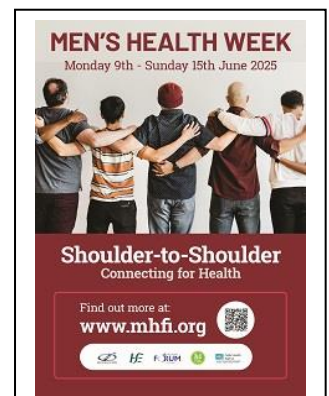
Men's Health Week 2025

The Final Countdown Begins

We're now only days away from [International Men's Health Week](#) (MHW), which begins on Monday 9th June and runs until Sunday 15th June 2025 (Father's Day).

When males play sport together, or work on a communal task, we know what is meant by men standing 'shoulder-to-shoulder'. They are unified, strong, resolute, focused, supportive and connected. They give 100% and do the best job that they can.

During [Men's Health Week 2025](#), everyone is being asked to put these positive traits into action, to connect for health, and to work together to support the health of men and boys on the island of Ireland.



‘Connecting for Health’ is about: policy makers ensuring that men have the resources to live long and healthy lives; service providers offering appropriate tools, advice and support to males; men taking small practical steps to improve their own health; everyone looking out for and after each other ...

During Men's Health Week 2025, everyone is being asked to set themselves simple, realistic and practical tasks to make positive changes to the health of men and boys.

The focus for MHW this year - ‘*Shoulder-to-Shoulder*’ - lends itself to a wide range of ways to mark this occasion. Everyone (health professionals, service providers, youth groups, sporting bodies, community organisations, employers, Churches, policy makers, family workers, pharmacists, the media, parents, individuals ...) is being asked to set themselves a simple, realistic and practical target to improve the health of men, and to go for it.

As always, the overarching aims of MHW are to:

- Heighten awareness of preventable health problems for males of all ages.
- Support men and boys to engage in healthier lifestyle choices and activities.
- Encourage the early detection and treatment of health difficulties in males.

However, you don't have to stick rigidly to this particular theme. Anything which promotes the week and encourages men and boys to lead healthier lifestyles, to be more aware of preventable health problems, and to seek early detection and treatment for health difficulties will be very welcome.

To find out more about the week, visit: www.mhfi.org/mhw/mhw-2025.html

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Take the ‘Agent Mann’ Challenge ...

Men's health on the island of Ireland is unnecessarily poor, but it is not a lost cause. There are many free, simple and practical things that can be done to improve it. But what are these?

To support Men's Health Week in 2022, a team of students from the Game Design Degree Course in Technological University Dublin developed a ‘Serious Game’ - focusing on male health - that men and boys can play online. You have another chance to play it again this year.

In this retro-style arcade game, the player is invited to take on the character of ‘Agent Mann’ - a spy who is given the mission of tracking down and securing a series of dossiers containing high level ‘Intel’ on how to improve men's health.

To succeed in his quest, Agent Mann has to navigate through various settings to locate and collect all of the dossiers. Along the way, he has to learn how to move around in his environment and to use some of the gadgets available to him. But of course, danger is never far away, and his path is blocked by the henchmen of his nemesis [Mr O'Bese] who try to prevent him from uncovering this vital information.

Why not be a superhero yourself and ...

1. Take on the role of Agent Mann.
2. Find and secure all of the seven dossiers.
3. Memorise what's in them.
4. Use this information to improve the health of men both now and in the future.

Try it out at: <https://mhfi.org/mhw/mhw-2025.html#AgentMann>

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‘Toolbox for Action’

Not everybody knows about [Men's Health Week](#) (MHW), what it hopes to do, why it needs to happen, or how they can get involved. That's why there is a MHW 2025 'Toolbox for Action'. This Q&A style resource can be downloaded at: www.mhfi.org/mhw2025toolbox.pdf

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What Can I Do To Mark The Week

Everyone can do something to support and celebrate [Men's Health Week](#) (MHW) each year.

The focus for MHW 2025 (i.e. 'Shoulder-to-Shoulder') lends itself to a wide range of ways to mark this occasion. However, there is no need to stick rigidly to this particular theme. Anything which promotes the week and encourages men and boys to lead healthier lifestyles, to be more aware of preventable health problems, and to seek early detection and treatment for health difficulties will be very welcome!

Some people might have the time, energy, resources and skill to plan something elaborate. However, even if this is not possible, there are still many simple, free and easy ways to get involved / show support - such as putting-up the [poster](#) in public spaces, giving out copies of the [postcard](#) to men that you know, [social media](#) posting, directing men to the free 'Action Man' booklet, offering copies of the [Men's Health in Numbers Z-Card](#) to men, using the MHW [graphics](#) ...

For practical ideas and inspiration, you are invited to check out a paper titled 'What Can I Do To Mark This Week?' at: www.mhfi.org/mhw2025celebrateit.pdf

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Men's Health Week 2025 Posters

To promote [Men's Health Week](#) (MHW) 2025, a bespoke poster has been designed. Posters are available in electronic format as both A₃ and A₄ size, but there are only A₄ hard copies left in stock. To order hard copies of the poster, send an email to menhealthweek@mhfi.org stating:

- How many copies you would like.
- The name of the person to send them to.
- The full postal address (including a Postcode / Eircode) for delivery.



Copies of the online electronic resource can be downloaded from: www.mhfi.org/mhw/mhw-image-pack.html#Poster2025

Even people who don't have time to do anything else for MHW 2025 are encouraged to put up a poster - in public view - to let everyone know when it is taking place. Although this costs little to do, it will make a big difference to promoting the week!

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Men's Health Week 2025 Postcards

Every year since 2014, there has been a Men's Health Week (MHW) postcard to publicise the week. Traditionally, these cards can be displayed as small flyers in public spaces, and are often sent by organisations to the men that they have contact with. This has proved to be a very successful means of letting local men know about the week.

Some groups have also used them as pledge cards (e.g. this year men can write on the card how they are going to connect to improve their health). Later on, they can keep this beside their desk, on their work bench, attached to their dashboard etc. to remind them of what they want to do and hope to achieve. However, simply posting a card to a man that you know will let them know that they are in your thoughts and that they are connected to the wider world.

The [postcards](#) are available in both hard copy and as online electronic files. To order hard copies of the postcard, send an email to menshealthweek@mhfi.org stating:

- How many copies you would like.
- The name of the person to send them to.
- The full postal address (including a Postcode / Eircode) for delivery.



For an electronic download, see: www.mhfi.org/mhw/mhw-image-pack.html#Postcard2025

The front of the postcard has a similar design to the MHW poster, and the back has a pre-written message which says:

Hi there,

When males play sport together, or work on a communal task, we know what is meant by men standing 'shoulder-to-shoulder'. They are unified, strong, resolute, focused, supportive and connected. They give 100% and do the best job that they can.

During Men's Health Week 2025, everyone is being asked to put these positive traits into action, and to work together to support the health of men and boys on the island of Ireland.

'Connecting for Health' is about: policy makers ensuring that men have the resources to live long and healthy lives; service providers offering appropriate tools, advice and support to males; men taking small practical steps to improve their own health; everyone looking out for and after each other ...

Stand shoulder-to-shoulder, connect for health, and have a great week!

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Free Man Manuals

There's no denying that the state of men's health on the island of Ireland is often poor. However, there are things which can be done to change this situation and men, themselves, can play a key role in doing this. 'Action Man - ten top tips for men's health' is a free Man Manual which has been revised and updated by the [Men's Health Forum in Ireland](#) to mark [Men's Health Week 2025](#).

This booklet doesn't preach or lecture - it simply explains: (i) **WHY** an action is needed; (ii) **WHAT** can be done about it; and (iii) **HOW** to find support if you need it. Thus, the ten top tips put you into the driving seat, and give you the tools and DIY instructions to make positive changes - if you choose to be your own 'Action Man'.

During Men's Health Week 2025, this booklet will be available in hard copy and in electronic format. The hard copy supply for Northern Ireland has now run out. However, if you are based in the Republic of Ireland, and require 50 copies or less, these can be ordered via the HealthPromotion.ie website [search for Action Man in the keyword box].



The online version can be downloaded at: <https://mhfi.org/ActionMan.pdf>

The publication of this booklet has only been possible because of the generous support given by the [Health Service Executive Health and Wellbeing](#), [Healthy Ireland](#) within the Department of Health, the [Public Health Agency](#) and the authors - Finian Murray and Colin Fowler.

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Do You Know Your Numbers?

During Men's Health Week, there are three different types of numbers that you might need to think about ...

1. Statistics on the state of men's health that policy makers and service providers need to know if they are to pursue evidence-informed practice.
2. Key numbers that men need to know, to take control over some elements of their own health.
3. Critical contact numbers for help and support services that everyone needs to know at times of difficulty or crisis.

To get you started thinking about these important numbers, have a look at:

www.mhfi.org/resources/key-facts.html

However, there is also a 'Do You Know Your Numbers?' resource. Unfortunately, all 30,000 hard copies of this 'z-card' have now been given away, but the electronic version is still available at: <https://www.mhfi.org/MensHealthInNumbers.pdf>

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Tell others about what you are doing during Men's Health Week 2025

Every year there are hundreds (possibly even thousands) of events and activities throughout Ireland to celebrate Men's Health Week (MHW). Some of these are well publicised, but most are only known about by a few people.

As in previous years, the [Men's Health Forum in Ireland](http://www.mhfi.org) (MHFI) will promote the details of any activities or events that are being held throughout the island of Ireland during [Men's Health Week 2025](#). This will help everyone to find out what is happening during the week, where it will take place, and how to join in. It will also give some recognition and publicity to all those groups across Ireland that are doing something for and with men.

These activities might include health checks, conferences, launches, games, seminars, competitions, workshops, courses, displays, health fairs, workplace mail-outs ... Whatever the activity, everyone is encouraged to submit their details.

There are two ways to let us know about what is happening to mark the week: (i) submit the details using the online form (at: www.mhfi.org/mhw/promote-an-event.html); or (ii) download and save a copy of the MS Word Registration Form (www.mhfi.org/mhw2025project.docx), type in the details, and email it back to us.

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How to Promote Men's Health Week 2025

Absolutely everyone can do something to promote [Men's Health Week](#) (MHW) 2025. There are many simple, free and easy ways to get involved / show support. There is a common logo and image pack which can be used by everyone who wishes to raise awareness of MHW. There is also a MHW 2025 poster and postcard. These are important promotional tools - as one of the key aims is to let as many people as possible know about the week. These are available to anyone who wishes to use them at www.mhfi.org/mhw/mhw-image-pack.html

Here's some practical suggestions ...



Put a [Men's Health Week poster](#) (or two or three) up in your workplace / meeting space / community centre / local shop / waiting room / church hall / Men's Shed / gym / library / pub / surgery / construction site / home ...



Promote the week on your website / social media - using a copy of the Men's Health Week [logo](#) or [badge](#) or [banner](#) or [Twitter Header](#) or [Facebook Cover image](#).



Link to the web page devoted to Men's Health Week 2025 (www.mhfi.org/mhw/mhw-2025.html) from your own website, Facebook page or other social networking site.



Send an email to everyone on your mailing list to tell them about Men's Health Week, and ask them to forward the message to all their contacts. Why not also insert the MHW [logo](#), [badge](#) or [banner](#) into your outgoing emails?



Become a fan of the Men's Health Week in Ireland's Facebook page (www.facebook.com/MensHealthWeek) and send this link to all your online friends.



Include information on [Men's Health Week 2025](#) in your mailouts and newsletters.



Tell others about what is happening in your area during Men's Health Week by sending the details to MHFI. Use the form at: www.mhfi.org/mhw/promote-an-event.html



Make the Men's Health Week [logo](#) or [badge](#) your computer desktop 'wallpaper'.



Remind your colleagues to follow all the latest news on Twitter (www.twitter.com/MensHealthWeek). Also, Tweet about the week yourself, and include #MensHealthWeek | #ShoulderToShoulder | #ConnectingForHealth in your message.



Encourage the men you know to get involved in some of the activities taking place during the week.

Doing one or more of these simple (and free) things will contribute hugely to MHW 2025!

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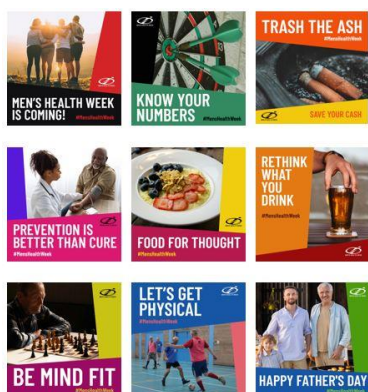
Daily Themes for Men's Health Week 2025

Men's health issues and needs are numerous and complicated. So much so, that we could probably assign a different one to highlight on each day of the year and still have an outstanding pool of ones to explore! However, when preparing for [Men's Health Week](#) (MHW) 2025, the all-island Planning Group felt that it would be useful to draw attention to a specific theme on each day during the week, as well as announce the final countdown to MHW during the week before.

The focus of each day will be ...

- Friday 6th June: Shoulder-to-Shoulder
- Saturday 7th June: Get connected
- Monday 9th June: Trash the ash (and save the cash)
- Tuesday 10th June: Prevention is better than cure
- Wednesday 11th June: Food for thought
- Thursday 12th June: Rethink what you drink
- Friday 13th June: Be mind fit
- Saturday 14th June: Let's get physical - be more than a sports spectator
- Sunday 15th June: Father's Day - the important role that fathers play in their children's lives

Social media (e.g. Facebook, Twitter, Instagram and TikTok) offers a powerful tool for organisations to spread their message. During Men's Health Week 2025, everyone is encouraged to 'Post' and 'Tweet' about it and, when possible, to use the hashtags: #MensHealthWeek | #ShoulderToShoulder | #ConnectingForHealth



To support this, a range of [social media graphics](#) are also available.

For those people who would like to support MHW 2025 using their own social media channels - but who don't have the time, energy or knowledge to develop their own messages - a ready-made pool of Posts and Tweets that you can simply cut-and-paste is available at: <https://www.mhfi.org/Tweets2025.pdf>

Even loading a few things to social media platforms makes a huge difference to publicising the week. This is, therefore, an easy and free way to show support for MHW.

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Keep Up-To-Date with MHW 2025

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2025](#) - as well as more general developments in the field of men's work - check out Facebook (www.facebook.com/MensHealthWeek) and Twitter ([www.twitter.com/MensHealthIRL](https://twitter.com/MensHealthIRL)).

However, as all social networkers know, pages such as these are no use unless they have a lot of Fans / Followers. That's where your help is needed! ... Don't forget to send the links to all your friends. If you're really into it, please Tweet about MHW 2025 yourself, and include one or more of the hashtags #MensHealthWeek | #ShoulderToShoulder | #ConnectingForHealth in your messages.

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Men's Health Week Ideas Webinar

On Wednesday 30th April 2025, Health Service Executive (HSE) Health and Wellbeing joined with the Men's Health Forum in Ireland (MHFI), Men's Development Network and the National Centre for Men's Health in SETU to host a webinar focusing on [Men's Health Week](#) (MHW). This event highlighted practical examples of work that organisations have undertaken in the past to mark and celebrate MHW. It might kick-start some ideas for you too! See: <https://youtu.be/5waO2v1vHZM>

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News

Men's Health Week 2025 Webinar

You are invited to attend a webinar to mark the beginning of Men's Health Week (MHW) 2025. This webinar will take place on Monday 9th June 2025 at Noon, and will have an ISL interpreter present. The theme for this year's MHW is 'Shoulder to Shoulder - Connecting for Health'. It will focus upon the importance of connectivity and helping / supporting each other - reminding everyone about the importance of not going it alone, that there are supports available, and that it is important to take action. Webinar guests will include: Bernard Jackman (former Irish International and Leinster rugby player, coach and sports commentator), Michael Darragh Macauley (former Dublin GAA Senior Football player, GAA/GPA Footballer of the Year and CEO of Sanctuary Runners), Sean Blake (man living with anorexia who featured in the RTE documentary 'Anorexia, My Family and Me') and Joe Grogan (BowelScreen champion). To register for a place, visit: https://zoom.us/webinar/register/WN_XkmyffvTS4e5TfeNjQcGew

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Programme Manager for Men's Health

The Health Service Executive (HSE) is recruiting a Programme Manager for Men's Health. The purpose of this role is to advance the delivery of the actions set out in the HSE's National Men's Health Action Plan, Healthy Ireland Men 2024-2028 and related strategies, and to develop stronger strategic capability and leadership within the HSE for this key public health issue. Find out more at: <https://about.hse.ie/jobs/job-search/programme-manager-for-mens-health-grade-viii-nrs14792>

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'It's OK Not To Be OK'

Do you live or work within the catchment area of the Western Health and Social Care Trust? ... If so, you might like to check-out their recently updated online resource for men titled: 'It's OK Not To Be OK'. This offers signposting to a broad range of support, including mental health, housing and homelessness, drugs and alcohol, money advice, foodbanks, domestic abuse, bereavement and trauma, helplines, men's support groups and GP out-of-hours services. Find out more at: <https://westerntrust.pagetiger.com/its-ok-not-to-be-ok/its-ok-not-to-be-ok>

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SunSmart

Skin cancer is the most common form of cancer in Ireland, and the number of local people being diagnosed with it is rising. However, skin cancer is largely preventable - by taking simple steps to protect skin from the sun. Outdoor workers are identified as a high-risk group for the development of skin cancer. Recent Central Statistics Office figures suggest that almost 1 in 4 skin cancer deaths in Ireland are among those who work in the construction, outdoor and farming industries - with men particularly at risk. For more information and top tips for prevention, visit: <https://publuu.com/flip-book/708759/1902871>

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Real Face of Men's Health' Report

[Movember](#) are all about changing the face of men's health - not just through conversation, but through real, lasting impact. That's why they have teamed-up with Dr Noel Richardson and the Men's Health Forum in Ireland to work together on the 'Real Face of Men's Health' report - adding evidence on the lived experiences of men, their loved ones and the clinical community to the heart of the conversation on men's health in Ireland. This report will bring evidence through new data and real stories, strengthening the case for action. It will shed light on the challenges men face, the avoidable health conditions costing lives and resources and, crucially, the solutions to be invested in that can turn the tide and contribute towards a healthier Ireland. Planned for launch this Autumn, the report will show that when men's health improves, it creates a ripple effect of wellbeing across society, where everyone benefits - families, workplaces and communities. Healthier men equals a healthier world.

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MenLiving: Creating Spaces for Men to Connect and Thrive

MenLiving is a US-based non-profit dedicated to fostering connection, emotional wellbeing and personal growth among men. Through free, daily Zoom gatherings - open to men everywhere - MenLiving offers spaces where participants can show up authentically, support one another and explore what it means to live fully - consciously, curiously, emotionally, candidly and intentionally. The organisation hosts peer-led discussions and themed support groups that meet men wherever they are in life; encouraging conversation over correction, and community over performance. At a time when many men face isolation, mental health challenges and questions of identity, MenLiving provides an inclusive, judgment-free environment to be seen, heard and supported. It is hoped that this model can be brought to Ireland in the near future, and the local organiser is looking for individuals who are willing and able to help to drive this forward. Learn more at www.menliving.org or call Jonathan on 089 2038869.

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Mental Health Self-Help Guides

One in six of us will experience mental ill health. At some point in our lives, we will know someone who is struggling. That could be us personally or a partner, family member, friend or colleague. Sooner or later, we will all know someone who is struggling. Here is a series of self-help guides covering a wide range of topics (such as depression, anxiety and stress) which offer users the opportunity to find out more about the causes of mental health issues and provide some tools to work through feelings and emotions:

<https://selfhelp.cntw.nhs.uk/organisation/belfast-health-and-social-care-trust>

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MEN'S HEALTH WEEK 2025

Find out more at www.mhfi.org
#MensHealthWeek

Shoulder
to
Shoulder



Events

Cancer Recovery: Shoulder-To-Shoulder

Belfast Men's Health Group invite you to join their online event to mark Men's Health Week 2025. Guest speaker, Paul Marshall, will share his experience of treatment and recovery from stomach cancer, finding strength in community, and how he is using visual arts to share his story and raise awareness. He'll also be joined by OG Cancer NI to share key messages on cancer awareness and support available. This will take place on Thursday 12th June 2025, from 2.00pm - 3.00pm. Register at: <https://bit.ly/BMHGwebinar>

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Increasing Male Participation in HPV Vaccination Programmes

Global Action on Men's Health invites you to a webinar focusing upon 'Men, Cancer and HPV: Increasing Male Participation in HPV Vaccination Programmes'. This will take place on Wednesday 18th June 2025 at 9.00am. Register for a free place at: https://us06web.zoom.us/webinar/register/WN_rwJkYJyBSxWcA1Yr08cxLA

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Men's Rites of Passage

Does the question of what it means to be a man feel complex and leave you searching? ... Many men long for the camaraderie and guidance of a supportive brotherhood as they navigate the path towards a more grounded masculinity, deeper maturity, and a richer connection to themselves and the unknown. MALEs Ireland is hosting a five day soul-stirring experience in July 2025, which will tap into ancient traditions of male initiation through powerful rituals and insightful teachings. Read about it at: <https://www.malesireland.ie/rites-2>

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Thresholds: An Adventure from Boy to Man

In ancient times, cultures around the world recognised the importance of guiding young men through the transition from boyhood to manhood. These rites of passage provided challenges, wisdom and the support of elders - something deeply missing in today's society. 'Thresholds' is a transformative experience designed to fill this gap. Over three days, young men (aged 16-22) embark on an initiation journey, stepping into their strength, responsibility and authentic self. Read more at: <https://www.thresholds.ie>

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Training

Engage: Connecting with Men

Are you interested in free training to increase workers', volunteers' and frontline service providers' understanding of best practice in relation to engaging men in services? ... If so, you might want to check out this free full day Engage workshop in Navan, Co. Meath on the 19th of June 2025: <https://register.enthuse.com/ps/event/EngageTrainingConnectingwithMen>

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Supporting the Mental Health of LGBTQ+ Young People

Jigsaw: The National Centre for Youth Mental Health and Belong To: LGBTQ+ Youth Ireland are running a training programme titled 'Supporting the Mental Health of LGBTQ+ Young People'. This free online training has been created for all adults who work or volunteer with young people in their communities to upskill them in supporting LGBTQ+ young people's mental health. Find out more at: <https://jigsaw.ie/online-course-lgbti>

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Living Well Programme

Living Well is a free group self-management programme for adults 18 years and older with long-term or chronic health conditions. The programme supports participants to develop the skills and confidence that will help them to self-manage and live well with their condition. Find out more at: www.mhfi.org/LivingWell.pdf

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Research

Construction Managers' Experiences of Help-Offering

Men have a higher risk of suicide compared to women, with those in male-dominated industries, such as construction, being particularly vulnerable. These industries are typically characterised as 'macho' environments; endorsing traditional masculine norms that reinforce mental health stigma and delay help-seeking. The workplace is a promising setting for engaging men with issues around their mental health. Although managers can play a key role by connecting workers in distress with mental health supports, research exploring their experiences of this is limited. This study sought to address this gap by exploring the barriers to, and the facilitators of, help-offering behaviour among managers in the construction industry in Ireland. Read the article at: <https://www.mdpi.com/1660-4601/22/4/581/pdf>

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NIPSA Men's Mental Health Survey

NIPSA is running a Men's Mental Health Survey. The aim is to get a better understanding of the mental health issues facing their male members, the barriers they may encounter in accessing support and, ultimately, to get an insight into how NIPSA - as a Trade Union - can seek improvements in the resources available to support male members' mental health, both in their workplace and in the wider community. Find out more at: <https://nipsa.org.uk/mmhs-a>

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Probable Suicide among Men in Farming and Agricultural-Related Occupations in ROI

Globally, suicide is presented as a significant concern within agricultural communities, but there is little information on farmer suicide in the Republic of Ireland to guide the development of suicide prevention interventions. To address this gap, this study used coronial data to determine whether males identified as 'farmers' or 'agricultural workers' (combined to form a single group named 'farmers') have higher suicide incidence rates than non-farmers. It also examined the characteristics that differentiate suicide among male farmers from male non-farmer suicides, with the overall objective of examining whether coronial data can improve our understanding. See: <https://www.tandfonline.com/doi/full/10.1080/1059924X.2025.2498339>

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Consultation on Abdominal Aortic Aneurysm Screening in ROI

Abdominal Aortic Aneurysm (AAA) is an abnormal widening of the abdominal section of the aorta (the main blood vessel that leads away from the heart). Over time, the pressure from blood flowing through the aorta can cause the AAA to expand. If an AAA bursts, it can lead to massive internal bleeding, which is often fatal. AAA often develops slowly and without symptoms, making it difficult to detect. The most common risk factors for AAA include being male, increasing age, family history of AAA, smoking, and cardiovascular risk factors such as hypertension. A public consultation on Abdominal Aortic Aneurysm screening for men in the Republic of Ireland was recently launched. Your input to this is being sought at:

<https://www.hiqa.ie/reports-and-publications/consultation/draft-health-technology-assessment-screening-abdominal-aortic>

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Exploring Childhood Challenges and Male Suicide Risk: Findings from a Global Survey

In this study, the authors address the limited understanding of the potential relationship between male suicide risk and challenges in childhood. To this end, 2,660 men completed a global cross-sectional survey examining associations between suicidal history and measures of childhood traumas, parental styles, and bullying. Read more at:

<https://journals.sagepub.com/doi/full/10.1177/10608265251329358>

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Suicide literacy, suicide stigma, and help-seeking attitudes among men in a university setting in Ireland

This study sought to explore the relationship between socio-demographic, mental health, knowledge, attitudinal and conformity to masculine norms variables with suicide literacy, suicide stigma and help-seeking attitudes among men in a university setting in Ireland. Read the outcomes at: <https://academic.oup.com/heapro/article/40/1/daae209/7978142>

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Web Links

Men's Issues on the Web ...

[More than 40% of 25-year-old Irish men drink 'hazardous levels' of alcohol](#)

[Young men's health in a digital world](#)

[Climbing the Stairway to Heaven for Traveller Men's Health](#)

[Lost Futures: understanding poverty, inequality, and suicidality in Northern Ireland](#)

[Lost Boys](#)

[A beer belly puts men at greater risk of serious illness](#)

[Coleraine man starts 'Dander and Santer' group to help men talk about mental health](#)

[Prostate cancer pilot screening study begins in Ireland](#)

[More than 30% of young Irish men and women don't always use contraception](#)

[The case for collecting, analysing and using sex-disaggregated data and gendered data](#)

[Men have gained weight and height twice as fast as women in past century](#)

[Football provides support to tackle mental health](#)

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Next Edition

Do you know of anything (research, events, resources, training, news etc.) affecting men and boys which should be included in the next edition of 'E-Male Matters'? ...

Anyone can propose an article for inclusion in this newsletter - so long as it is of relevance to males, does not promote a commercial enterprise / product, and does not insult anyone.

There's a simple format for all articles. Let us know (within one paragraph and no more than 150 words) all the crucial details e.g. title, date, time, venue, short description, contact details for further information (name, telephone and/or email address), and web link (if available) for a fuller explanation. To keep the file size of this newsletter small, we cannot, unfortunately, accept photographs or images.

Please email your information to: emalematters@mhfi.org

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**E-Male Matters is also available online at:
www.mhfi.org/newsletters/about-e-male-matters.html**

The views expressed in E-Male Matters are not, necessarily, those of the Men's Health Forum in Ireland



MEN'S HEALTH WEEK
Monday 9th - Sunday 15th June 2025

Shoulder-to-Shoulder
Connecting for Health

Find out more at:
www.mhfi.org

