Men's Wellbeing – Mental Health

Better understand men's mental health through real conversations, lived experience, and practical strategies to support everyday wellbeing.

Format
On-demand video

Video Duration
20 mins

Audience
All employees

Facilitated by
Irish Life Wellbeing Consultants

Equip your teams to talk about mental health with confidence.

BOOK NOW

Programme highlights

1. Why men's mental health remains difficult to talk about, and the role of stigma.
2. How societal expectations shape help-seeking behaviours and emotional expression.
3. Common coping styles in men, including avoidance and externalising behaviours.
4. Key life pressures impacting wellbeing, such as work, finances and health.
5. Practical ways to challenge stigma and support open conversations at work.

Employee impact

1. Build awareness and understanding of men's mental health challenges.
2. Feel more confident starting and engaging in open, supportive conversations.
3. Recognise unhealthy coping patterns and explore healthier alternatives.
4. Increase willingness to seek support for themselves or others.
5. Feel empowered to challenge stigma and outdated perceptions of masculinity.



Who is this for?

All employees who want to better understand and support men's mental health. Whether for themselves, colleagues, friends or family members.

Invest in wellbeing. See the difference

Supporting employees creates healthier teams, stronger engagement and a more inclusive workplace.