



Let's talk men's health

A toolkit to help employers open up the conversation and support employees.

It's time to talk about men's health



Lots of men struggle to talk about how they're really feeling.

How you support them at work is crucial to building a culture where men feel safe to talk about the things they're going through – free from guilt and judgement.

It's time for open and honest conversation. You don't need to have all the answers, but you can make a difference to men's health.

You'll find lots of support here for yourself and your team.

All employees have access to support in these areas:

- Sexual function
- Mental health
- Supporting a young person's mental health
- Whole-body health

Health Horizons

Men's health: The silent crisis

Our experts explore the silent crisis in men's health and discuss how organisations can tackle the challenge of engaging men with their mental health in the workplace.

[Watch](#)



Health Horizons

Men's health in the workplace: a silent crisis?



Mental health

Suicide is the largest cause of death for men under 50.

Mental Health Foundation. 2023

Whether it's pressure at work or problems at home, promoting open conversations about mental health helps reduce stigma. It could mean men talk about a worry earlier, before it becomes something bigger.

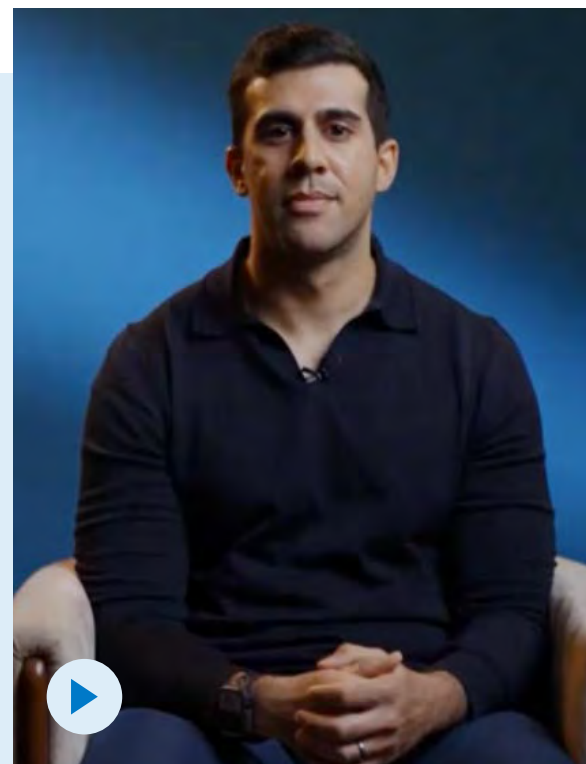
Our [Men's mental health page](#) is packed with practical support to help your team feel comfortable opening up.

Shareable content



Let's talk about anxiety

Read



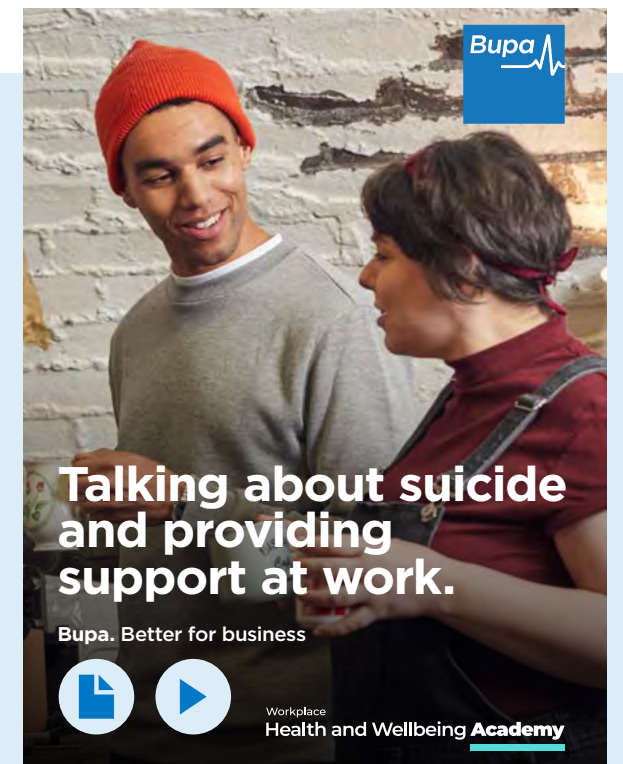
Managing stress at work with Dr Ravi

Watch



**Podcast:
How to support men at work**

Listen



Let's talk about suicide

[Read our manager's guide](#)

[Watch our video](#)



Sexual function


Sexual function worries don't stay in the bedroom. They follow you, affecting your confidence and how you see yourself. Start this important conversation today.

Our [Workplace Wellbeing Hub](#) is packed with practical support to help your team tackle tough topics.

Only **28%** of men we asked said they have checked themselves for lumps and bumps.

Bupa men's health insight survey. 2023


Shareable content



“Need a lift?”

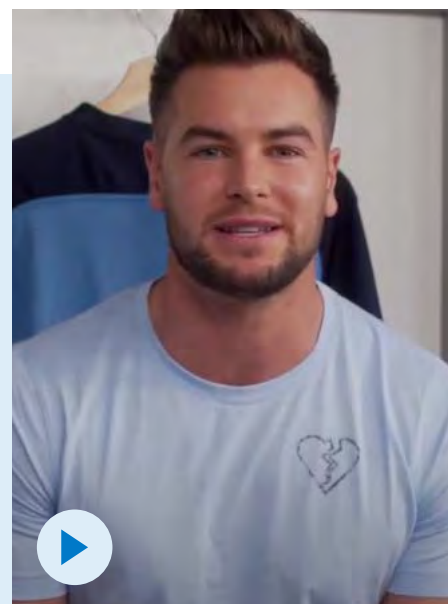
Martin Kemp: Opening up on sexual function worries

[Video 1](#) [Video 2](#)



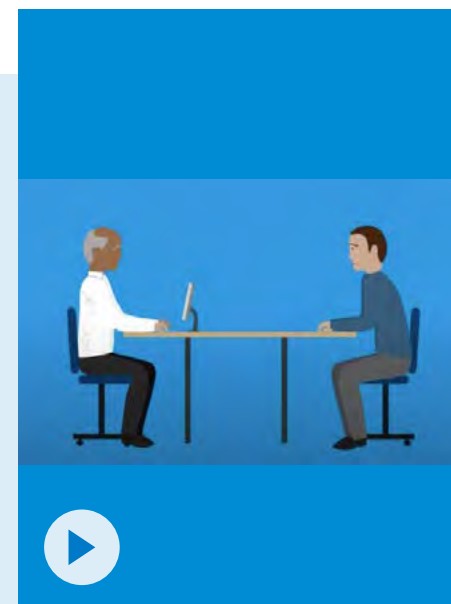
Sexual health and function with Dr James

[Watch](#)



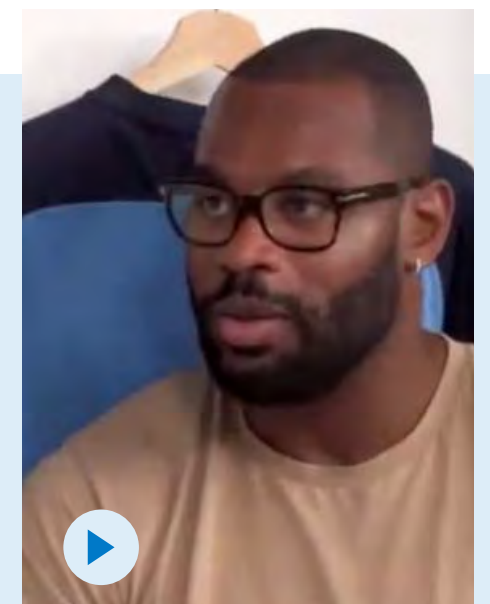
Testicle taboos with Chris Hughes

[Watch](#)



Erectile dysfunction: Is it normal?

[Watch](#)



Inside: Prostate health

[Watch](#)

Our Sexual Function Plan

Helps men find the cause of sexual dysfunction problems. It's available on a self-pay basis.

[Find out more](#)

or speak to your account manager.

Our Fertility Check

Helps couples make informed choices about fertility. It's available on a self-pay basis.

[Find out more](#)

or speak to your account manager.

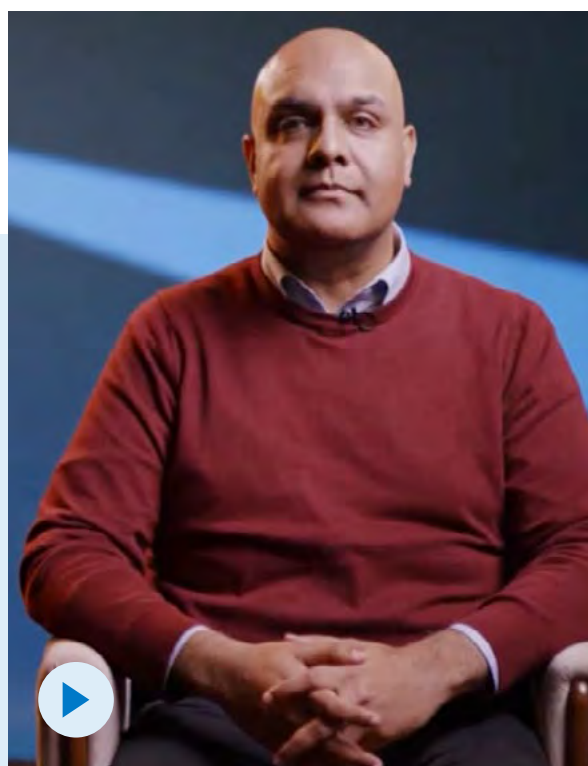


Supporting a young person's mental health

Young people need mental health support now more than ever. But for many working parents, the journey can be isolating. [Read how our cover supports parents and young people](#), including groundbreaking access to mental health treatment.

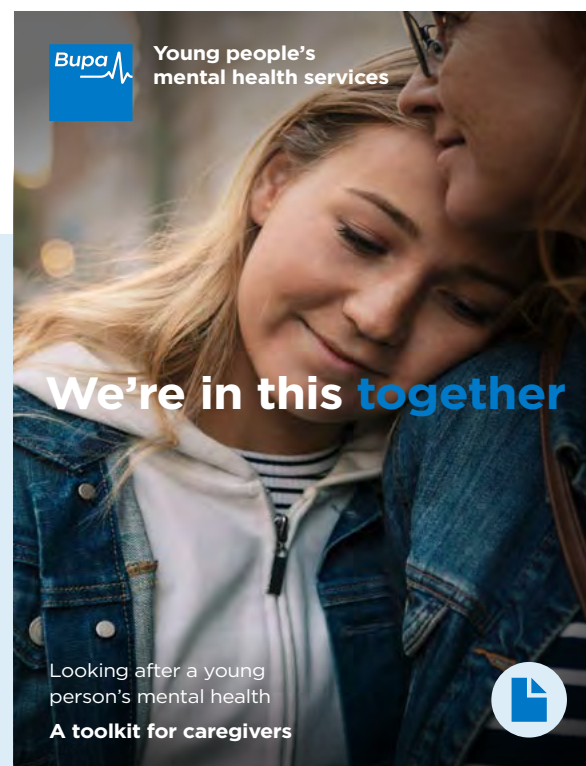
You'll find lots of support to share on this page too: [Young people's mental health](#).

Shareable content



How to talk about mental health to a child with Dr Naveen

Watch



A toolkit for caregivers

Read



Martin Kemp: Looking after yourself as a dad

Watch



Martin Kemp: Looking after yourself as a dad

Watch

Family Mental HealthLine

Our dedicated phone line to help worried parents. Employees can call:

0345 2667 938

Lines are open from 8am to 6pm Monday to Friday. Calls may be recorded and to maintain the quality of our service we may monitor some of our calls, always respecting the confidentiality of the call.



Our **Need a lift** series sees Martin Kemp take a ride with a special guest as they talk about the issues that affect men most.



Whole-body health

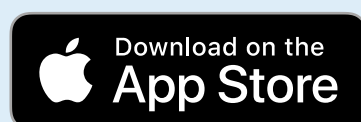
Helping your people become more in-tune with their overall health and wellbeing.



My Bupa app

My Bupa lets employees manage their account, find the right support and access virtual appointments through our digital healthcare, Blua.

Make sure they've got My Bupa downloaded.



Health assessments

Personalised health checks, plus ongoing support. Priced individually.

[Find out more](#)



24/7 health advice

Day or night, employees can speak to a nurse about anything on their mind with our Anytime HealthLine.

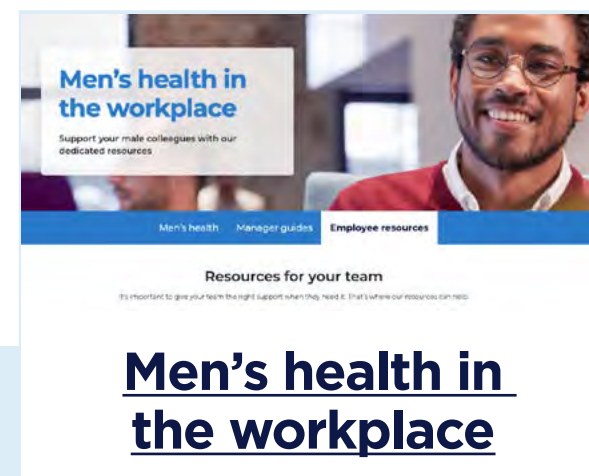
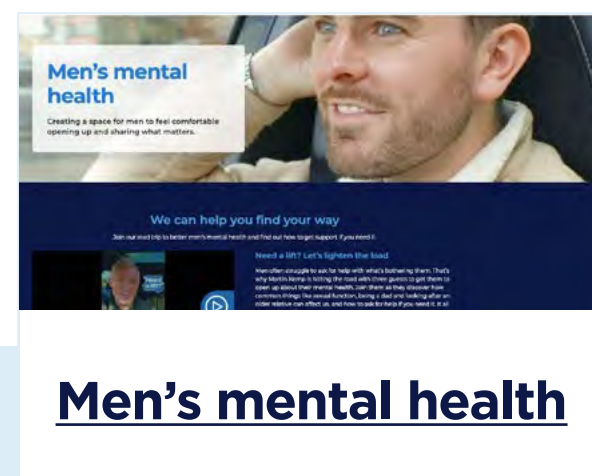
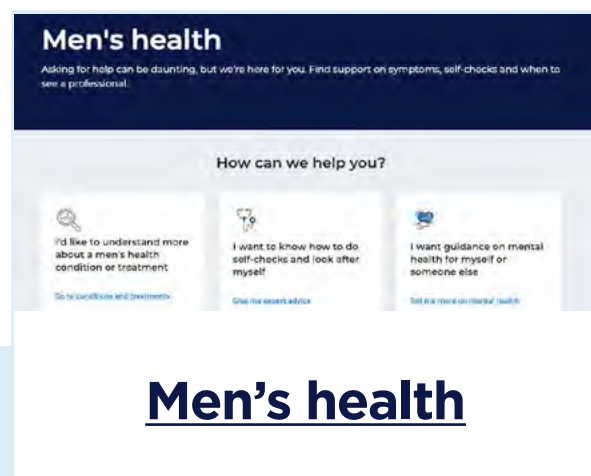
Call 0345 607 7777



The conversation doesn't end here

We're always looking for new ways to engage and educate on the topics that matter most. We hope this toolkit helps kickstart your conversations around men's health at work.

Remember, you'll find all the support you and your team need on our pages:



There are also lots of charities who have created safe spaces for men to talk.

Make sure to signpost:



If your employees need help with anything we've talked about here, the best way is through their **My Bupa app**.

If they're unsure, they can call us on the right place.

and we'll get them to

They can also call **111** to speak to an NHS nurse or mental health nurse.