



LOOKING AFTER YOUR **HEALTH AND WELLBEING** WITH ARTICLE COURTESY OF **TOGETHERALL** IN ASSOCIATION WITH THE **RESCUE BENEVOLENT FUND**

Men's mental health matters

Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues.



Top: Movember's symbolic moustache © CatLane.
Above: Worried man © FSHH via Pixabay.



This article delves into the importance of addressing men's mental health, the barriers that prevent men from seeking help and how Togetherall provides anonymous, accessible and inclusive support for men.

According to Movember, a leading global men's health charity, a staggering two out of five men admit to experiencing regular feelings of low mood or anxiety. This statistic underscores the importance of addressing mental health needs among men and providing guidance on how they can seek help to feel better.

Men are often hesitant to reach out to friends or family due to fear of judgment or the misconception that they should be able to handle their problems independently. One organisation offering a solution to this is Togetherall.

Togetherall is an online mental health support community where members can anonymously support one another and benefit from other well-being resources. It offers a welcoming and non-judgmental space where individuals can interact anonymously, share their feelings and connect with others who understand their struggles. This anonymity is a crucial factor in overcoming the reluctance

many men feel when discussing their mental health issues.

Togetherall also provides round-the-clock support, ensuring that help is available after hours when traditional support channels may be closed. The platform is monitored by trained professionals, ensuring that the community remains a safe and supportive space.

One of the core strengths of Togetherall is its inclusivity. It recognises that mental health struggles do not discriminate based on gender, age or background. Men and women from all walks of life can find solace and support on this platform. This inclusivity fosters a sense of community and unity, breaking down the isolation that often accompanies mental health challenges. Often people who do not seek support from other channels find help from Togetherall.

Togetherall provides members with an accessible, anonymous and inclusive space to share their experiences and seek support. For those not ready to share on the platform, Togetherall also has self-paced courses on a range of wellbeing topics, like managing stress and worry, coping with mood, managing anger and many more. There is also an

opportunity to write about thoughts, feelings and experiences, in a journal within the platform that only you can see.

For those that are interested in learning more about this, Togetherall is free for all members. Find out more about how you can join and explore more in the panel on the right.

As we focus on men's mental health this November, it's important to consider men can be supported with their mental health and wellness. This might be in the form of exploring options that are available for support or by speaking to men you know about options that are available to them. Even speaking about these issues is an important starting place. ☺

**TO REGISTER, GO TO
TOGETHERALL.COM/
JOINNOW/RESCUEBENEVOLENTFUND**

**OR SCAN THE QR CODE, CREATE
YOUR UNIQUE USERNAME AND
PASSWORD, THEN LOG IN AND GET
CONNECTING**



WHY NOT AN INTERNATIONAL MEN'S DAY CELEBRATION FOR MOUNTAIN RESCUE?

Why not indeed? After all, this year we celebrated the women's day, a much older tradition (perhaps surprisingly). **International Women's Day (IWD)** has been observed since the early 1900s, when the inequalities faced by women in society spurred a brave few to more vocally campaign for change.

International Men's Day began in Trinidad and Tobago in 1999, created by Dr Jerome Tuluck Singh to commemorate his father's birthday. Celebrated in over eighty countries, **19 November** is now dedicated to raising awareness of the contribution men and boys make to their communities, and the social issues they face, both mentally and physically. Movember – which we always recognise quite comprehensively through the Rescue Benevolent Fund social media channels – is, of course, built around that very date. Next year, perhaps, someone out there might volunteer to organise something for mountain rescue?

**FOR MORE ABOUT THE MEN'S DAY HEAD TO
INTERNATIONALMENSDAY.COM
AND CHECK OUT MOVEMBER.COM FOR MORE
ABOUT THIS AMAZING CAMPAIGN**

**FIND US ONLINE AT RESCUEBENEVOLENT.FUND
& VIA THE QR CODE OPPOSITE, OR ON FACEBOOK
@RESCUEBENEVOLENTFUND**



Mental health support online,
anonymous & 24/7.

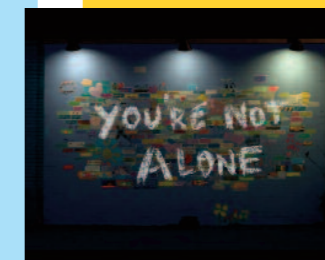
At Togetherall you can speak
to someone who understands
what you're going through,
anytime & anywhere.



**AS A MOUNTAIN OR CAVE RESCUE TEAM MEMBER YOU CAN
ACCESS TOGETHERALL FREE OF CHARGE**

The Togetherall digital mental health and wellbeing support service is a completely anonymous community where you can express yourself freely and openly. Professionally trained Wall Guides and clinical professionals monitor the community to ensure the safety and anonymity of all members. Once you're registered and logged in, there's a range of activities that allow you to work through what's troubling you. **Share your thoughts and join a Talkabout** with other community members to share and discuss what's on your mind, gain support and advice or even offer YOUR support to someone else who needs it. You can do this with the whole community or form your own groups, or even one-to-one chats. Alternatively, you can **make a 'brick in the wall'** to **express yourself and your feelings creatively** through drawing or by uploading your own images. Check out that wall and you'll see all manner of bricks: drawings simple and elaborate, poetry, heart-felt thoughts and feelings expressed, supportive messages, words of wisdom... one things you will know for sure is that you're not alone. In addition to Togetherall's online community, you will have **access to a wealth of useful resources**. Join self-guided support courses covering the key topics which affect all our lives:

everything from anxiety, sleeplessness, depression to assertiveness training and problem solving. Take **clinically-approved self-assessments** to help you understand more about yourself. And if this hasn't yet persuaded you to register, there's also an extensive library of resources to discover, to help you understand more about yourself, and how you're feeling, and enable you to set goals and track your progress. ☺



PARTNERING TO DELIVER PHYSICAL AND MENTAL WELLBEING
SUPPORT TO MOUNTAIN AND CAVE RESCUE TEAM MEMBERS

