

Men's Mental Health Matters

A truthful look inside

In a world intertwined with expectations of masculinity and the notions of "staying strong," the mental well-being of men often remains an unvoiced concern. The weight of societal pressure, combined with internal battles can result in silent struggles. This session seeks to pull back the curtain on men's mental health, addressing the unique challenges, breaking through the stigma, and providing actionable solutions. Together, let's unveil the silent struggle and cultivate a community of understanding and support.

Session Outline

- Setting the Stage: Men & Emotions
- The Hidden Crisis: By the Numbers
- The Unique Storm Men Face
- Echoes of Unvoiced Concerns
- Breaking the Chains: Stories of Triumph
- Tools for the Road Ahead
- Practical strategies to change for growth
- A Brighter Tomorrow: Advocacy & Engagement

Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions



Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.