

Men's Health Awareness Month: November 2025

In recognition of Men's Health Awareness Month and International Men's Day on Wednesday 19th November, we are pleased to share a weekly round-up of resources and events to support the health and wellbeing of men, including trans men and non-binary colleagues who identify as male. According to NHS Digital, around 22.5% of our NHS workforce are men. Out of a total of [2.6 million NHS staff, approximately 464,000 are men](#) working in the NHS.

We encourage everyone to explore these resources and join the conversation about men's health and wellbeing.



HSBC Financial Wellbeing Webinar

Men's Money Mindset - Balancing Wealth and Wellbeing
[Thursday 27th November, 12pm – 12.45pm](#)

HSBC have organised a free financial wellbeing event to mark International Men's Day. The session will focus on the link between financial health and personal wellbeing specifically for men. Expert speakers will share practical strategies to address the unique challenges of money management and mental health, and provide the tools needed to navigate financial pressures while prioritising your mental wellness. Click [here](#) to register.

Colleagues are reminded of the monthly HSBC '[Always On' schedule of daily webinars for November](#) which may also be of interest.

Stress Management Society Event: Brave Enough to Talk - Because Strength Starts with Honesty

[Wednesday 19th November, 1.30pm – 2.30pm](#)

This session is open to everyone who believes conversations can save lives, to men who have wondered if what they're feeling is "normal" or struggled to open up, and anyone supporting the men in their lives who want to learn how to start more open, compassionate conversations.

It will explore what stops men (and many of us) from speaking up about our struggles, why understanding men's mental health benefits everyone, and how we can create workplaces, families, and communities where people feel safe enough to be honest. [Register here](#).

Unmind App Webinar - Breaking the Stigma: Opening up About Men's Mental Health

[Thursday 20th November, 4pm – 5pm](#)

[This powerful session](#) will explore the unique mental health challenges men face, from emotional suppression to cultural stigma, and why vulnerability can be a strength not a weakness. Discussions will consider how safe spaces, allyship, and support can help men open up, seek help, and feel empowered in their mental health journey.

NHS Employers Men's Health Guidance

Evidence from the [Local Government Association](#) and the [Men's Health Forum](#), shows that men face significantly higher rates of serious health conditions compared to women:

- Men's life expectancy is nearly four years shorter than women's
- One in five men die before the age of 65
- Men are less likely to visit the doctor than women
- Four in five men's deaths by suicide in England are among men under 35

In August this year [NHS Employers shared guidance for organisations](#) on how to take practical steps to support men's health and promote a preventative approach. This guidance helps organisations implement measures that support men's health and promote cultural change to reduce the stigma surrounding this topic.



Midlands Partnership University Foundation Trust Case Study: Shed Talks

Colleagues at Midlands Partnership Foundation Trust (MPFT) established a men's health group to facilitate peer support for male colleagues through 'Shed Talks.' The aim was to create a safe and supportive space to improve all aspects of men's health. The group meets regularly and has now been running for two years, discussing an array of topics including loneliness, the menopause and money.

Colleagues can [read more about the group here](#).



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