



“By young people, for young people.”

International Men’s Day Webinar:
**Men’s Mental Health in
these Challenging Times**

19th November 2020



Listening is helping
3 SpunOuters share their story of reaching out for help

Smoking and your health

Drink up

Affordable treatment for mental health

Trending Articles

- 10 films for every occasion
- A week in the life of a 'Couch Potato'
- Accepting to the job market
- Affordable treatment for mental health
- Am I getting enough sleep?

Latest Video



HOW'S YOUR HEAD

Young Voices During COVID-19



An Roinn Leanaí
agus Gnóthaí Óige
Department of Children
and Youth Affairs

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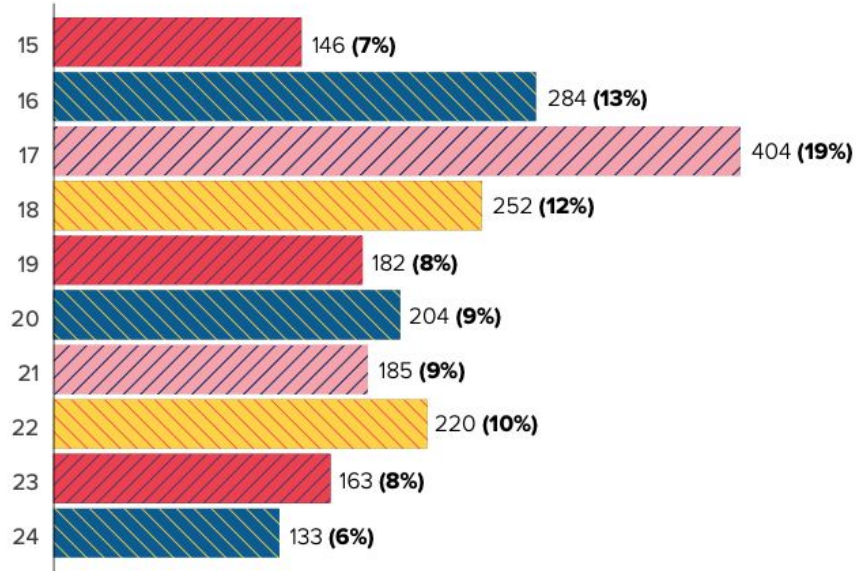
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Young People

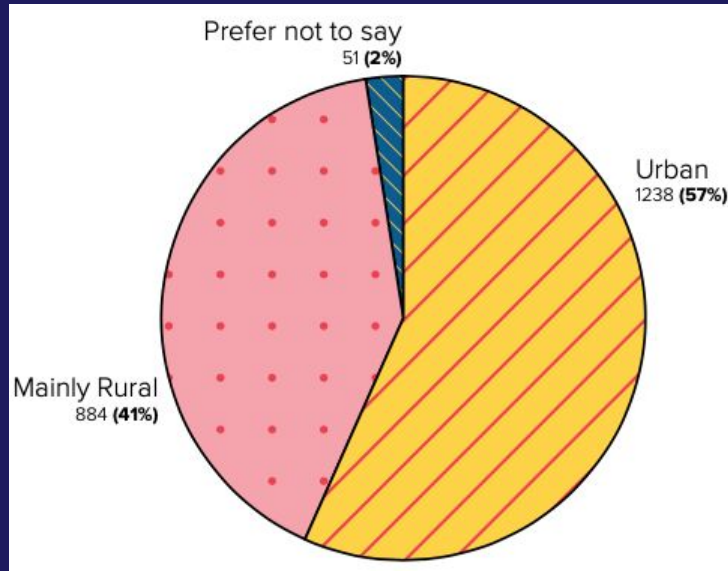
Asked four open-ended questions



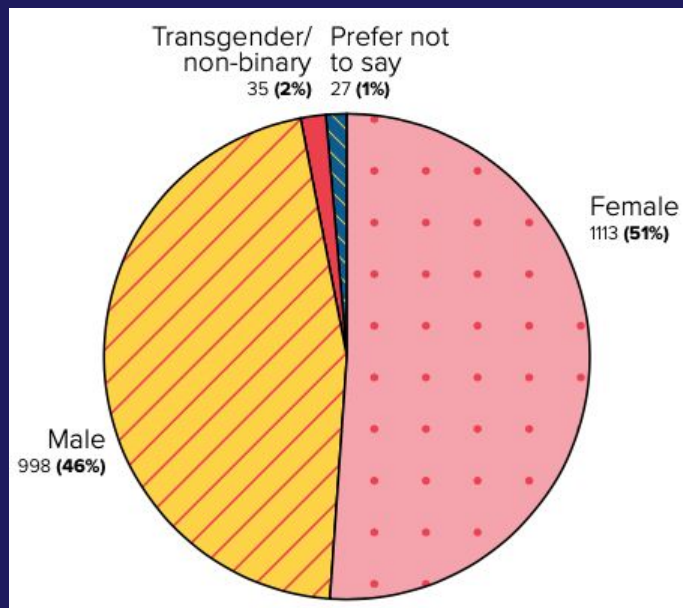
Age



Urban / Rural



Gender identity



Young Men: Challenges

- Most common negative effects relate to **mental health**
- Young men in **rural areas** twice as likely as those in urban areas to **feel isolated**
- Just under a third (31%) of young men said they **missed their friends**
- Young men were more likely to report **loss of social life (12%)** as a challenge
- Young men were also more likely to report **reduced sporting / exercise options (9%)** as a challenge

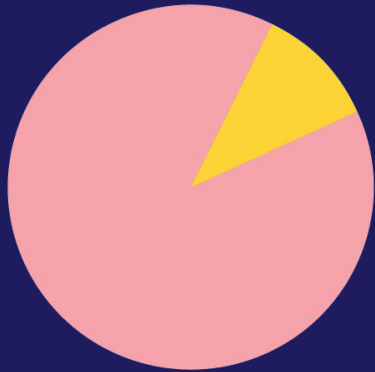


Young Men: Challenges

- Young men were less likely to report **health issues (14%)** as a challenge
- Young men were less likely to report **school/college problems (13%)** as a challenge
- Young men were less likely to report **cabin fever / isolation (14%)** as a challenge
- Young men were less likely to report **missing family (8%)** as a challenge



Young people: Positives



One in ten young people
could not name any
positives they wished to
carry forward (11%)



Young Men: Positives

Things young men want to continue:

- Exercise and healthy diet (27%)
- Self-care (14%)
- New hobbies (11%)
- Self-development (11%)

Less likely to report wanting to continue a simpler, slower or quieter life (4%).



Young Men: Future

How young men feel about the future:

- **Optimistic (43%)**
 - Young women (32%)
- **Anxious (25%)**
- **Pessimistic (17%)**

More likely to report feeling **optimistic**, **fearful (15%)**, **accepting (12%)** and less likely to feel **excited (6%)** about the future.



Young Men: What would help?

What young men say would help them to be happy and healthy in the future:

- **Exercise and a healthy diet (20%)**
 - Young women (14%)
- **Supportive family and friends (19%)**
- **No work or money problems (18%)**

Less likely to say **education needs met (13%)**, **life balance (7%)**, and **healthcare supports (5%)**.



HOW'S YOUR HEAD

spunout.ie/howsyourhead



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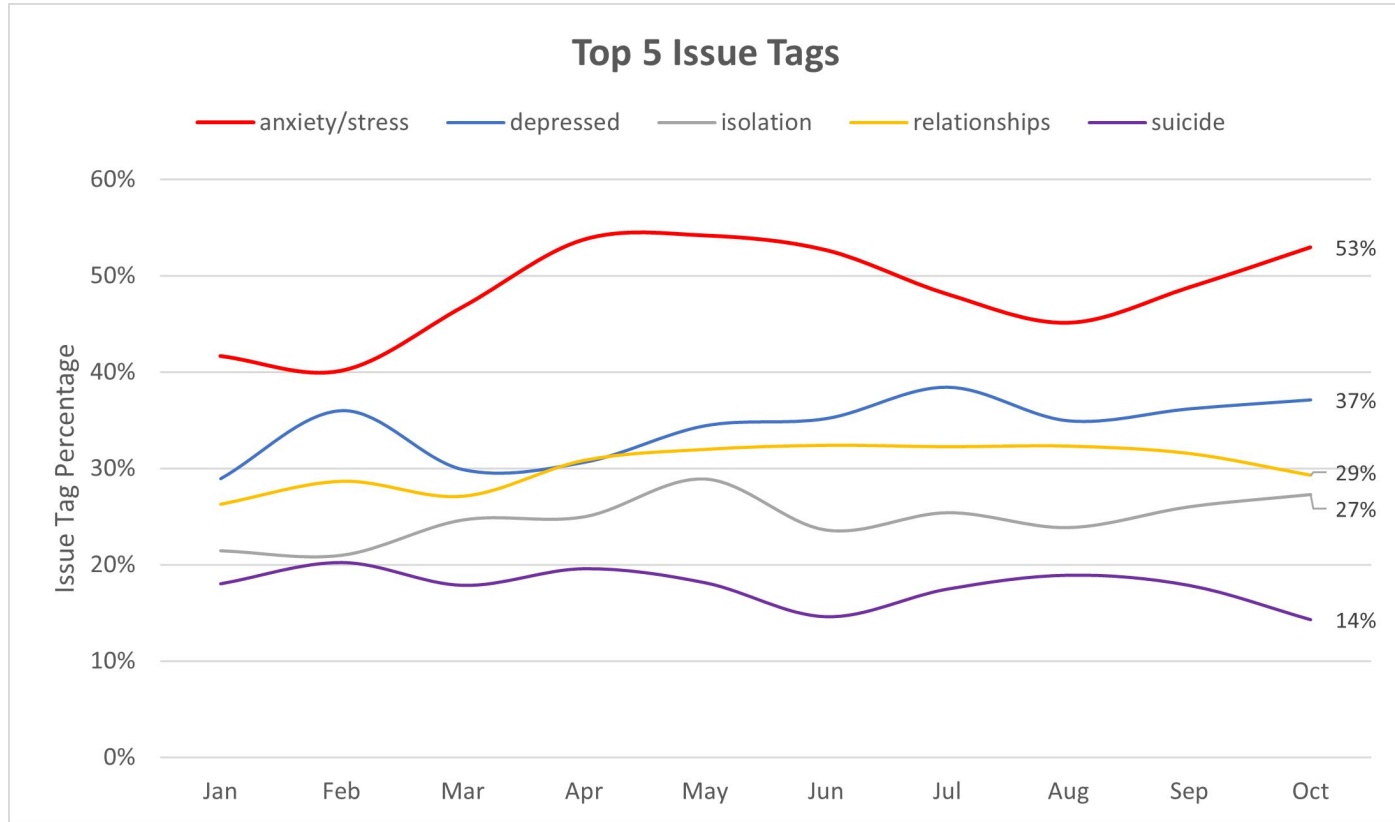
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text about it

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Text50808.ie

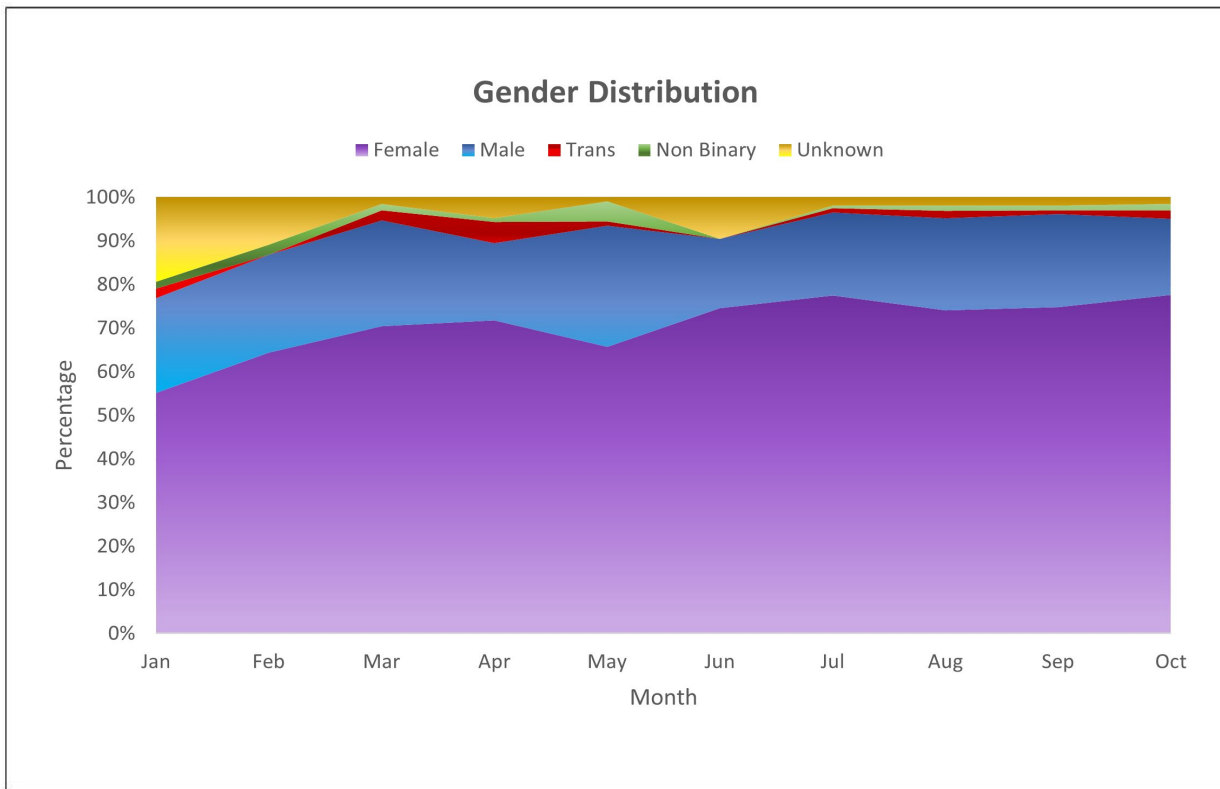
Issues Tags: Top 5



Texter Gender Distribution

text about it

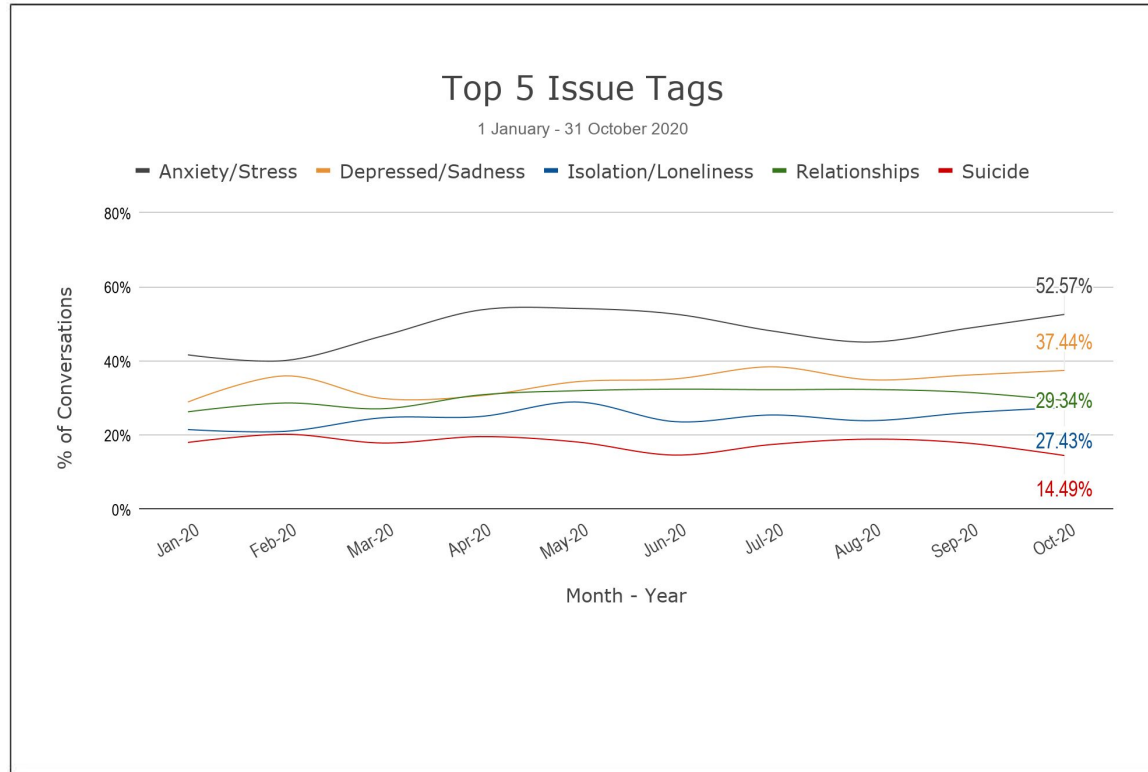
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Young Men (Age 16 - 34)

text about it

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Young Men (Age 16 - 34)

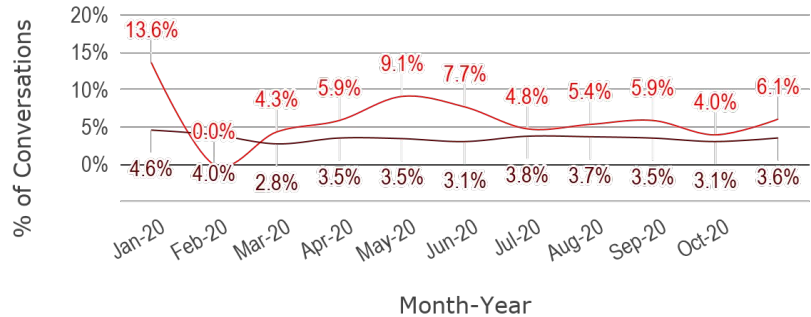
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Issue Tag: Substance

1 Jan - 31 October 2020

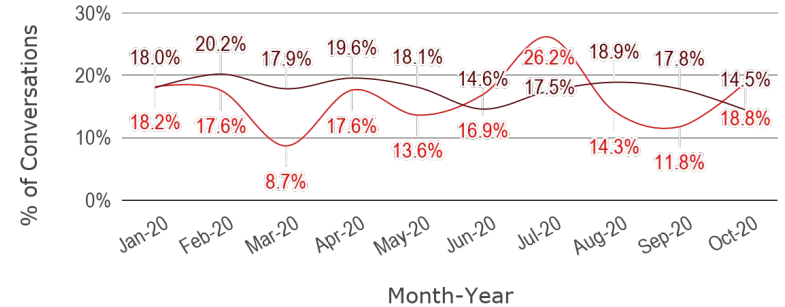
— Young Men — Overall



Issue Tag: Suicide

1 Jan - 31 October 2020

— Young Men — Overall



- Overall average conversations where substance use was mentioned
 - Young Men - 6.06%
 - Overall - 3.55%

- Overall average conversations where suicide was mentioned
 - Young Men - 16.38%
 - Overall - 17.71%

Sensitive Conversations

text about it

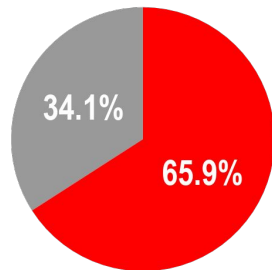
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Overall 66% of those identifying as men and 64% of those identifying as women mentioned an experience or shared feelings with 50808 they have not shared with anyone else

Men

1 September 2019 - 31 October 2020

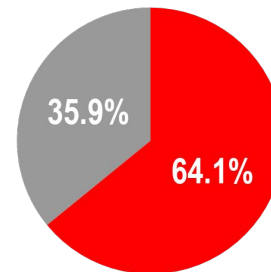
● Yes ● No



Women

1 September 2019 - 31 October 2020

● Yes ● No



Texter feedback

“My volunteer was the first person I've told about how hard things are lately. After a really hard month I'm going to call my doctor tomorrow and tell them what's been going on. Something I definitely wouldn't have done had I not texted tonight.”

“I was having a really bad night and got very inside my own head, the volunteer that I was speaking with was so kind and helpful and made me feel like I matter and that I can manage my anxiety!”

“It was a small, short chat, but it was a moment where I wasn't lonely, where someone wanted to know how I was. I can't thank you enough for that.”

“I appreciated the help. It was brief, but I was sad and crying and feeling really adrift. I couldn't get a hold of anyone in my life and I needed something to anchor me. The chat really stopped me drifting further into my head.”

Thank you, Questions?

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