

MEN'S HEALTH WEEK 2024

LET'S TALK

Men's Wellbeing

USING WELLBEING CONVERSATIONS TO TALK ABOUT MEN'S HEALTH

#MENSHEALTHATELFT



NHS

East London
NHS Foundation Trust

Why Talking About Men's Health Matters

Talking about men's health reduces stigma, encourages early intervention, and improves mental and physical health.

It promotes workplace productivity, supports overall wellbeing, and fosters an inclusive, health-focused environment.



What Are Wellbeing Conversations?

These conversations are used to help empower staff to feel comfortable talking about their wellbeing and asking for support when they need it

The aim is to identify an individuals' wellbeing needs and to support them or signpost them to support services

How Can Wellbeing Conversations Help?

- These conversations are a great way to help individuals address personal factors affecting their work.
- It also helps build a supportive environment for good health.
- Creates a safe space for men to discuss their overall health which can often face stigma.



How Managers and Staff Can Discuss Men's Health

- Ask: "How are you?"
- Listen: Actively and with empathy.
- Support: Identify needs and how they can be met and guide individuals to resources available for men's health.
- Monitor: Keep checking in and make wellbeing a part of everyday conversations.

Signpost & Support

There are plenty of internal and external resources available to men to support their wellbeing. It is important that ELFT staff are aware of these resources not only for their own wellbeing but for the wellbeing of their colleagues too.

- [Wellbeing Conversation Personal Plan](#)
- [A guide to Wellbeing Conversations for Managers](#)
- [A guide to Wellbeing Conversations for Employees](#)

- [Men's Health Week Resources](#)
- [Wellbeing Resource List](#)
- [ELFT Staff Wellbeing and Benefits Page](#)

