

Post-Webinar Resource Sheet

for: Men's Health Week

MEN'S HEALTH WEEK

Thank you again for joining Thrive Talking Webinar!

Please read through this post-webinar handout to learn more about the resources available!

Why do we celebrate Men's Health Week?

- To raise awareness of early action and prevention.
- Breaking the stigma about men's mental health.
- To encourage healthy habits to help men live longer lives.

Resources:

Podcasts/Talks:

Men's Health Magazine Podcast – Covers fitness, nutrition, health news, and real-life stories.

TED Talk: "The power of vulnerability" by Brené Brown – Encourages men to embrace vulnerability.

Organisations:

<https://uk.movember.com/>

www.mentalhealth.org.uk

www.menshealthforum.org.uk/

Books:

- **The Male Body** – by Susan Bordo
- **Man Alive** – by Thomas Page McBee
- **The 4 Pillar Plan** – by Dr Rangan Chatterjee

Visit Valentine Occupational Health:

<https://valentineoh.co.uk/>



Support & Helplines:

- **Men's Health Forum** – menshealthforum.org.uk
- **Prostate Cancer** – prostatecanceruk.org
- **NHS 111** – For urgent medical advice



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