

Don't keep it to yourself

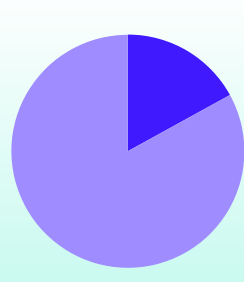
Everyman's Health Matters Campaign

Simplyhealth's survey 'Don't Keep It To Yourself' explored if men are reluctant to talk about - and deal with - their physical and mental health issues.

The results from 850 respondents are summarised here.



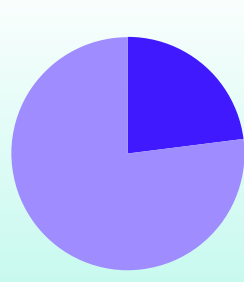
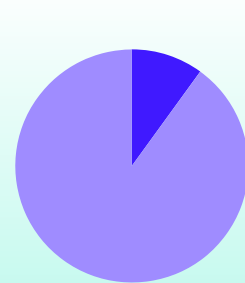
Only 7% of men prioritise their mental health above their physical health



17% of men say that being a burden on the NHS is a reason to not seek help



10% of men fear the outcome of going to the doctor



23% of respondents felt anxious or frustrated when needing to seek help



58% of men think gender stereotypes stop others seeking help

But only 21% said it stopped them personally



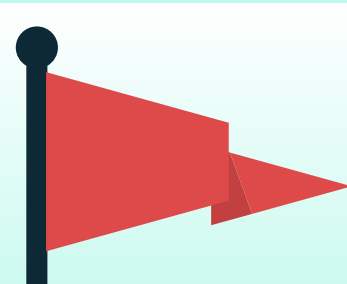
74% of men reported visiting a healthcare professional within the last year and **25%** within the last 5 years

63% of men have never sought professional help for their mental health



Over 15% of men would not speak with friends, family, healthcare professionals or teammates about their health

Only 7% of men flagged mental health as a priority, compared with **36%** for physical health.



53% of men believe mental health and physical health are equally important

But only 19% believe men feel comfortable talking about mental health



Head over to YouTube and watch our medical and celebrity panel discuss men's health and the survey results - including their personal experiences and professional insights.

Don't keep it to yourself

