

Reading and Resources

The Quiet Struggle – Identifying and Supporting Men's Mental Health Needs

Reading

- BACP-The Big Issue, The Truth about Men and Therapy, <https://www.bacp.co.uk/bacp-journals/therapy-today/2024/articles-november/the-big-issue/>
- Steve Biddulph, 2004, *Manhood*, Vermillion.

Resources

- Andy's Man Club, <https://andysmanclub.co.uk>
- UK Men's Sheds, <https://menssheds.org.uk>
- Movember, <https://uk.movember.com>
- MANUP?, <https://www.manup.how>
- Video: Curtis Jasper—The Black Male Mental Health Struggle | [Available here.](#)
- Video: Dustin Hogan—The Silent Crisis of Men's Mental Health | [Available here.](#)