

When we speak of men's health it is important to take into account a wholistic approach to the problem. By that I mean not just considerations of men's physical health but also their emotional, mental and spiritual well being.

Many men do not seek help because they are not able to articulate their concerns and express the feelings they are experiencing. Often emotional and mental health issues such as anger, fear, anxiety, depression, grief etc get in the way of them being able to seek help. Not only that, these same emotional issues are often the cause or a contributing factor to their physical health problems. We need to find a way to assist men to access services that will help them to address both their emotional / mental health problems along with their physical health needs at the same time.

Community Health (or Primary Health) Centres provide the exact service that these men need. They are serviced by professional counsellors as well as medical personnel such as dieticians, lifestyle workers, occupational therapists etc. The problem is that men see these health centres as appropriate for women and children but not themselves. We need to find ways to attract men to these Centres. To make them male friendly.

One way to do this would be to employ more male workers in Health Centres. Currently 90 to 95% of workers are female.

Promotion through advertising of Health Centres as available to men would also be an important step.

Providing services to men off site (eg in their places of employment etc) may be an important step.

Providing after hours services as many men work and cannot get time off during the day.

I'm sure there are many other strategies that could be used.

Regards

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