





**TEAM
MAN DOWN**



Ross
Jackson-Hicks

Brad
Osman

MENTAL ARITHMETIC

7×12 **12** **every day**

84×4 **84** **every week**

336×12 **336** **every month**

Add 336 **4,368** **every year**



4,368

Suicide is the single biggest killer of men in the UK. Help us give people back their identity

Lets **talk** about it



WHY DOES MAN DOWN EXIST?

1.

Reduce
Suicides

2.

End the
Stigma

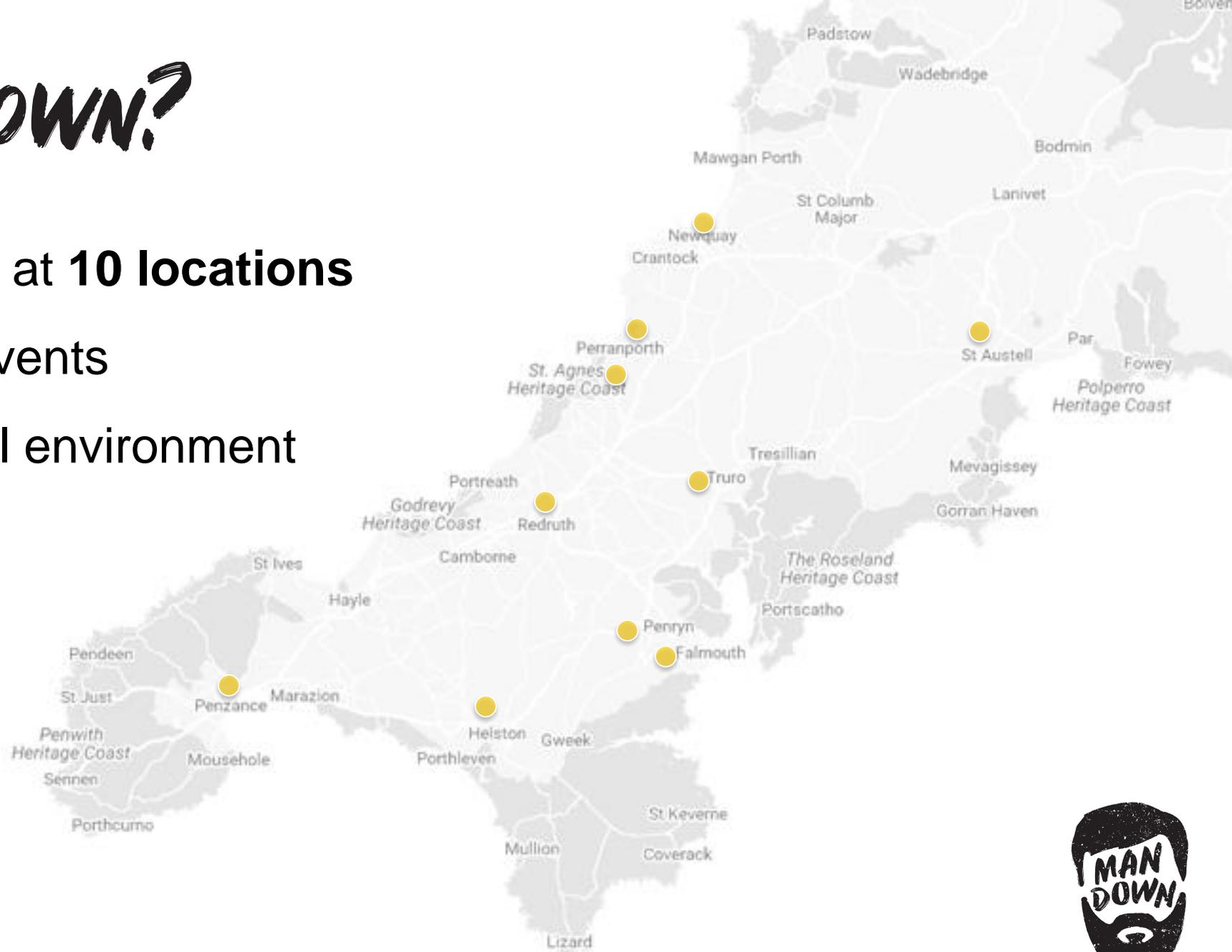
3.

Improve
Wellbeing



WHAT IS MAN DOWN?

- Fortnightly meetings at **10 locations**
- Social meetings & events
- Safe non-judgmental environment
- Friendly & informal



Lets **talk** about it



Case studies

Informality

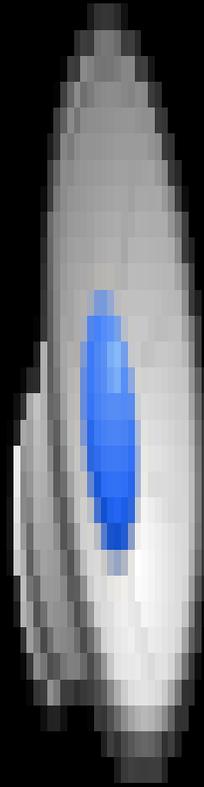
HOW DOES IT WORK?

Trust

Peer group support



Case studies



Case studies

Emergency services worker

“It was absolutely liberating to be able to talk about some things that I'd never shared with anyone else before.

I woke up the next day and felt like a huge weight had lifted off me. That day at work was one of the best, high spirited shifts I've had in years. Things went well and I felt happy in myself.

Those two hours at Man Down have been a game changer for me.”



Case studies



OUR LESSONS AND VIEWS

Demand is very high

Women

GP Capability

Outlook South West

Stigma dismantling

Relationships as cause

Effectiveness of Counselling

Peer group support works



WHAT WE ARE ASKING

- Near misses
- Safety through prevention
- Innovation in the Cornwall Mental Health Strategy 2019

Lets  talk about !t



THANK YOU

www.mandowncornwall.co.uk

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