

E-Male Matters

Summer 2025

The newsletter of the Men's Health Forum in Ireland

Quick links to articles in this edition ...

NEWS

[MHFI Seeks Programme/Development Coordinator](#)
[Re-Print of 'Action Man' Manuals](#)
[Workplace Suicide Prevention - Employers' Guide](#)
['Navigator' Tool for Youth Wellbeing](#)
[Mental Health and Wellbeing Apps](#)
[Community Pharmacies Improving Men's Health](#)
[What is Possible During Men's Health Week?](#)

EVENTS

[Screens, Safety & Social Media: NI Young People](#)
[Turning the Tide](#)

WEB LINKS

[Men's Issues on the Web](#)

TRAINING

[Let's Talk About Suicide](#)
[Balancing Stress Online Programme](#)

RESEARCH

[CAIRDE General Awareness Training](#)
[Alcohol's Cost to the Workplace](#)
[Being LGBTQI+ in Ireland](#)
[Suicidality in Men After Relationship Breakdown](#)
[Sunbed Use in Ireland and Options to Reduce Risk](#)

NEXT EDITION

[Submit an Article for the Next Issue](#)

News

MHFI Seeks Programme and Development Coordinator for Men's Health

The [Men's Health Forum in Ireland](#) (MHFI) is seeking suitably qualified and experienced people to apply for the post of Programme and Development Coordinator for Men's Health. This is a one year position, but may be extended if further funding can be sourced.

The MHFI Director of Operations will soon be taking an in-house sabbatical to focus upon completing a number of infrastructural improvements to the Forum. To fill the gap that this will create, an experienced, focused, innovative and dedicated individual (with a strong record of multi-tasking) is being sought to fill the temporary senior position of Programme and Development Coordinator for Men's Health - to oversee some of the core functions / roles that the Director would have had responsibility for. This is a home-based, remote working position with an all-island remit, and will require the use of a car.

To apply ...

- Start by finding out more detail at: <https://mhfi.org/news/1527-mhfi-seeks-programme-and-development-coordinator.html>
- Download the Job Application Pack at: <https://mhfi.org/JobApplicationPack2025.pdf>
- Prepare a Cover Letter and CV - following the guidelines in the Application Pack.
- Carefully examine the essential and desirable job criteria.
- Return the documentation to jobs@mhfi.org before the deadline (Monday 8th September 2025 at 5.00pm).

[Back to Top](#)

Re-Print of the 'Action Man' Manuals

There's no denying that the state of men's health on the island of Ireland is often poor. However, there are things which can be done to change this situation and men, themselves, can play a key role in doing this. During [Men's Health Week 2025](#), 35,000 free copies of the 'Action Man - ten top tips for men's health' booklet were distributed across the island to support men to make informed health choices. While all of the hard copies of this are now long gone, the online version can still be downloaded at: <https://mhfi.org/ActionMan.pdf> However, there is some good news ... the Department of Health in RoI has offered to fund a further print run of these booklets to mark International Men's Day (19th November) 2025. These will be ready for distribution by the end of October 2025, so watch this space!

[Back to Top](#)

Suicide Prevention in the Workplace - a New Guide for Employers

Work in the area of suicide prevention happens in everyday environments, and we all have a role to play in reducing suicide in Ireland. People can spend a significant part of their lives in the workplace. For many, the work environment and relationships with colleagues can be an important part of their lives. 'Suicide Prevention in the Workplace' is a new guide - from the HSE's National Office for Suicide Prevention - that provides practical information to support, enhance and build the capacity of workplaces to respond to people experiencing suicidal thoughts and behaviours. Download the guide at: <https://tinyurl.com/t9rzpd3h>

[Back to Top](#)

'Navigator' Tool for Youth Wellbeing

RoI Minister, Mary Butler, recently launched 'navigator' - a new digital signposting tool developed by [spunout](#) in collaboration with the Department of Health and the HSE. Designed for young people aged 14 to 34 years, navigator offers anonymous, personalised access to mental health resources and services. This mobile-first platform helps users overcome barriers like stigma and fragmented service access. By answering three short questions, users receive tailored results, including expert-approved apps, articles, podcasts and direct links to 24/7 support via spunout's [Text About It](#) service. Find out more at: <https://spunout.ie/navigator>

[Back to Top](#)

Mental Health and Wellbeing Apps

Are you looking for a selection of carefully curated mental health and wellbeing apps that offer valuable self-help resources and tools which can be a good source of information and advice at a time when you might need it? ... If so, check out: <https://apps4healthcareni.hscni.net/en-GB/adult-mental-health-and-wellbeing>

[Back to Top](#)

The Role of Community Pharmacies in Improving Men's Health

[Global Action on Men's Health](#) (GAMH) has been working with the International Pharmaceutical Federation on a project to promote the role of community pharmacies in improving men's health. The first step was a roundtable meeting in April 2025, which was followed by a report - 'Advancing Men's Health Through Pharmacy' - that was published during Men's Health Week in June. This report explores the areas where pharmacists could make a difference (such as cardiovascular disease, diabetes and mental health), the barriers to men's use of pharmacies, and the practical and policy-level strategies that are needed. View the report at: <https://www.fip.org/file/6299>

[Back to Top](#)

What is Possible During Men's Health Week?

During [Men's Health Week](#) in June each year, there is a huge amount of local activity across the whole island of Ireland. To get a flavour of what this can look like, check out this infographic overview prepared by HSE staff in the West of Ireland: <https://mhfi.org/MHW2025-west.pdf>

[Back to Top](#)

Events

Screens, Safety and Social Media: What Young People in NI Are Telling Us

An event at Queen's University Belfast - on Monday 8th September 2025 (Noon - 3.00pm) - will launch new [ARK](#) research commissioned by the Safeguarding Board for Northern Ireland. This study explores how children and young people in Northern Ireland navigate the online world - how they use the internet and social media, the risks they encounter, and how confident they feel in reporting online harms. Book a place at:

<https://www.eventbrite.co.uk/e/screens-safety-and-social-media-what-young-people-in-ni-are-telling-us-tickets-1470155377309>

[Back to Top](#)

Turning the Tide: tackling the commercial and political determinants of health through policy and practice

Registration is now open for the 2025 Joint North~South Public Health Conference, which takes place online on Thursday 18th September, from 10.00am to 12.30pm. The title of this year's all-island conference is 'Turning the Tide: tackling the commercial and political determinants of health through policy and practice'. This event will explore how public health and allied health professionals, academics, policymakers and researchers can respond to the challenges posed by commercial and political determinants or factors that shape population health and wellbeing. Register for a place at: <https://tinyurl.com/yv7r3u52>

[Back to Top](#)

Training

Let's Talk About Suicide

Let's Talk About Suicide - a free, 60 minute online programme - is available to provide people with the knowledge and confidence to have a conversation with someone they are concerned about. It aims to provide users with a sense of hope, and reassurance that suicide prevention is possible. This programme uses a mix of guided online content, video and interactive questions. Participants can pause and recommence the programme at their own convenience. On average, the programme will take 60 minutes to complete, but participants can work at their own pace. Get started at: <https://traininghub.nosp.ie>

[Back to Top](#)

Balancing Stress Online Programme

HSE Mental Health and Wellbeing, in partnership with HSE Psychology, are delighted to present the Balancing Stress programme. This free online programme is designed to help people manage stress in their everyday lives using practical, evidence-based tools and exercises. The programme is designed for adults aged 18+ years, and consists of six 35

minute sessions which cover topics including managing worry, managing anxiety, managing low mood and depression, understanding relationships and stress. You can access the programme at: <https://www2.hse.ie/mental-health/self-help/balancing-stress>

[Back to Top](#)

Research

The Development of the CAIRDE General Awareness Training

Suicide is a leading cause of death among construction workers; particularly younger and lower-skilled employees. Barriers such as stigma, low mental health literacy and traditional masculine norms, hinder help-seeking in this male-dominated sector. Few mental health interventions are tailored to this context. This study developed a co-designed, theory-informed training programme to improve mental health literacy, reduce stigma and increase help-seeking among construction workers in Ireland. Read the journal article at:

<https://www.mdpi.com/1660-4601/22/8/1306>

[Back to Top](#)

Alcohol's Cost to the Workplace

Alcohol's impact on public health and the health service, on crime and the criminal justice system, and on road traffic collisions is well documented. However, another area which is directly and indirectly affected by alcohol - but which has received far less attention - is the workplace. [Alcohol Action Ireland's](#) latest report, titled 'Alcohol's Cost to the Workplace', uses national and international evidence to shine a light on the impact of alcohol in the workplace in Ireland, the scale of its impact on workers, on employers, and on the economy. Download it at:

<https://alcoholireland.ie/wp-content/uploads/2025/08/Alcohols-cost-to-the-workplace-1.pdf>

[Back to Top](#)

Being LGBTQI+ in Ireland

Fresh findings have been released from the landmark 'Being LGBTQI+ in Ireland' study, offering vital perspectives on mental health and wellbeing within the LGBTQI+ community. Two newly published sub-reports focus on Wellbeing and Mental Health in the Older LGBTQI+ Population in Ireland, and Mental Health in the Irish LGBTQI+ Population with Disabilities.

Read more and access the new reports at: <https://www.belongto.org/support-our-work/advocacy/lgbtq-research>

[Back to Top](#)

Suicidality in Men Following Relationship Breakdown

Factors underlying the association between intimate relationship breakdown and men's suicidality are poorly understood. This systematic review and meta-analysis examined which men are most vulnerable and the factors underpinning men's suicidal ideation, suicide attempt and death by suicide following relationship breakdown. Find out more at:

<https://psycnet.apa.org/fulltext/2026-40673-001.html>

[Back to Top](#)

An Overview of Sunbed Use in Ireland and Policy Options to Reduce Skin Cancer Risk

Skin cancer is the most common form of cancer in Ireland, with over 11,000 cases of melanoma and non-melanoma skin cancer diagnosed annually. The occurrence of high-risk skin types in Ireland places the population at greater skin cancer risk than most other countries. A new report published by the [Institute of Public Health](#) has recommended a ban on

sunbeds to reduce the risk of skin cancer in Ireland - which has one of the highest skin cancer rates in the world. 'An Overview of Sunbed Use in Ireland and Policy Options to Reduce Skin Cancer Risk' analysed available data on sunbed users, sunbed availability, current regulations on sunbeds and associated infringements, as well as policy options introduced internationally to reduce skin cancer risks associated with sunbed use. Download a copy of the report at:

<https://tinyurl.com/32a87755>

[Back to Top](#)

Web Links

Men's Issues on the Web ...

[Men's health has been 'systematically neglected for decades'](#)

[Minister for Mental Health announces €2 million for new counselling supports for men](#)

[One in seven men estimated to have experienced domestic abuse during their lifetime](#)

[The hidden signs of male depression](#)

[The deadly truth about broken heart syndrome in men](#)

[Men's mental health service engagement amidst the masculinity crisis](#)

[Men's health at forefront in Longford with class exercises and chat](#)

[Back to Top](#)

Next Edition

Do you know of anything (research, events, resources, training, news etc.) affecting men and boys which should be included in the next edition of 'E-Male Matters'? ...

Anyone can propose an article for inclusion in this newsletter - so long as it is of relevance to males, does not promote a commercial enterprise / product, and does not insult anyone.

There's a simple format for all articles. Let us know (within one paragraph and no more than 150 words) all the crucial details e.g. title, date, time, venue, short description, contact details for further information (name, telephone and/or email address), and web link (if available) for a fuller explanation. To keep the file size of this newsletter small, we cannot, unfortunately, accept photographs or images.

Please email your information to: emalematters@mhfi.org

[Back to Top](#)

**E-Male Matters is also available online at:
www.mhfi.org/newsletters/about-e-male-matters.html**

The views expressed in E-Male Matters are not, necessarily, those of the Men's Health Forum in Ireland