

Boys' Health Awareness

It is strong to speak up.



Leicestershire Partnership
NHS Trust

Talk. Listen. Support.

Boys' emotional, mental and physical wellbeing matters. It is important to talk and get help if you need it. This could improve how you feel, your relationships and your life. That is powerful.



Why is it important to raise awareness about boys' mental health?

- Boys may feel pressure to live up to stereotype of not showing emotions.
- Getting help early can stop things getting worse and help you cope.
- More understanding of mental health helps build support.



How to talk to a boy you know

- Create a safe, private space to talk
- Listen without judging or interrupting
- Remind them they're not alone



Need more support with mental health?

Health For Teens - Health for Teens is a fantastic resource for young people to find out more about health, feelings, lifestyle, growing up, relationships and sexual health.

Tellmi - Tellmi offers free digital mental health support, 365 days a year, for anyone aged 11+ in Leicester, Leicestershire and Rutland. It's easy to get started, all you need to do is download the Tellmi app.

Scan this QR code or visit the link for more about our support services:



 leicspart.nhs.uk/mental-health 

Mental Health Support
Teams in Schools

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