



From 'boys don't cry' to boys don't bottle it up'

ARE YOU MAN ENOUGH TO CHANGE THE CONVERSATION?

There's no question that your physical health matters but let's be honest – a fit and healthy body is just one component of good health.

So, with this in mind, let's do a quick check-in. Could this be you?

- ✔ You feel you can talk openly to your mates about physical experiences but not about your emotions.
- ✔ You consider yourself to be fortunate and talking about any mental difficulties you are having feels like you are whining.
- ✔ You look after your body by working out and eating well. Your emotional state? Not so much.

THE POWER OF YOUR MENTAL WELLBEING CANNOT BE UNDERESTIMATED.

You can count on the mental health benefit from OMSMAF to provide you with access to mental health practitioners and medication to help address issues such as depression, general anxiety, bipolar mood disorder, post-traumatic stress disorder and others.

Contact OMSMAF on 0860 100 076 to access your mental health benefit.

And if you are taking strain and finding it hard to look after yourself, please remember that OMSMAF is also here to offer support in keeping your physical health in check with a range of special benefits including an annual prostate-specific antigen test and other health risk assessments, as well as nutritional and fitness benefits.

Together, we can do this.

CHAT SOON,
THE OMSMAF TEAM



Universal



OLD MUTUAL