



UNIVERSITY OF  
LIVERPOOL



Athena  
SWAN  
Member

# MEN/TAL



14 October  
2015

18:00-19:00  
Stanley Theatre  
Liverpool

## *'Men and Mental Health'*

*A University of Liverpool event to mark World Mental Health Day*

LIFE CHANGING  
World Shaping

# Speaker Profiles:



## Kelly Thorpe

Kelly Thorpe will be joining us from POPYRUS; an organisation dedicated to the prevention of suicide in young people. Every year many hundreds of young people take their own lives in the UK. Many thousands more contemplate suicide; many harm themselves or suffer alone, afraid to speak openly about how they are feeling. POPYRUS provide confidential support and advice to young people and anyone worried about a young person, they work with and train professionals; and campaign and influence national policy.



## Jake Mills

After a personal battle with depression in 2013, Jake has become an influential figure in campaigning against the stigma attached to mental health issues. His story was of national interest including appearances on BBC, ITV, national press and radio. With a degree in Journalism, Jake has a passion for writing and has become well known and respected for his work, writing for a host of different magazines and newspapers from Hello! Magazine to The Guardian.



## Callum Cairns

A recent Psychology graduate from the University of Liverpool, Callum spent his final year's research examining the links between gender roles and mental wellbeing in males. With previous work experience on the children's ward in the Ulster Hospital, Callum continues to pursue a career in psychology via roles such as volunteer work for a mental health charity. His interest in psychology came about after personal and family struggles with mental health. It soon broadened to a fascination with human behaviour in general, but remains rooted firmly in a desire to understand and aid people in times of crisis.



## Dean McShane

Dean qualified as a mental health nurse from Chester University in 2008, and has since worked in Child & Adolescent Mental health services, The Early Intervention Team in Psychosis, and his current role as a mental health practitioner with the NHS Mental Health Single Point of Access Team. Dean has a specific interest in "physical health in mental health" and was instrumental in setting up alliances with the Football Association & various local Football clubs. Dean has recently undertaken a post as a Lecturer Practitioner at the University of Chester alongside his post within the NHS. Dean's interest in mental health is a very personal one having witnessed close family members go through their own experiences of mental health issues.

## Man Stats

- **Suicide is the most common cause of death in men under the age of 35**
- **About 75% of people to die by suicide are men.**
- **More than half of contacts with the Samaritans are made by men – 53%**
- **Men are more likely than women to have an alcohol or drug problem**