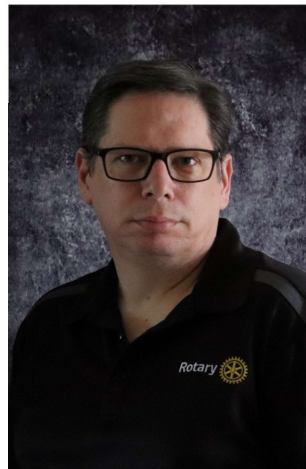


Rotary



Rotarians 4
Mental
Health

By



Darren Hands
2020/21 President

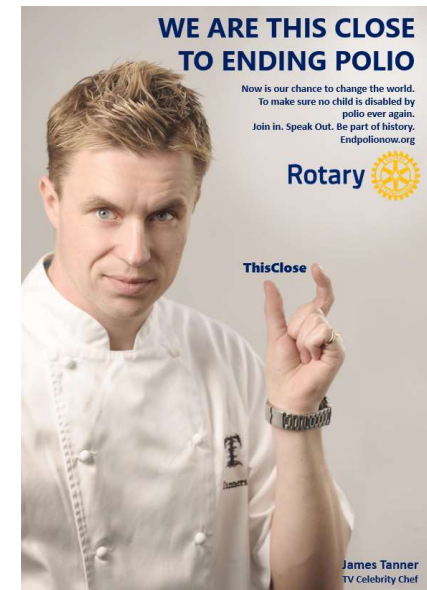
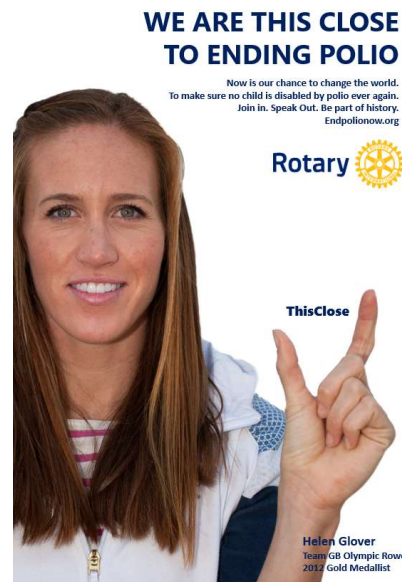
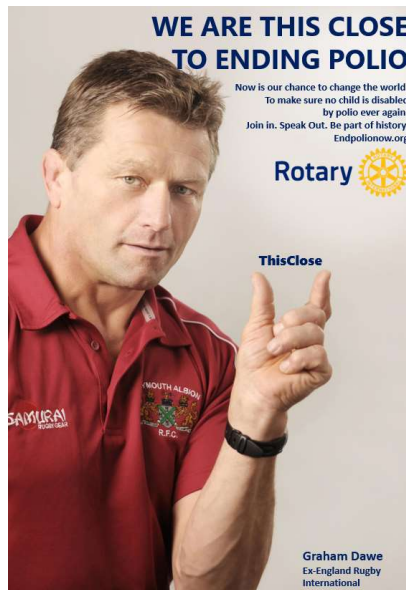


Rotary

Plympton

Rotarians 4 Mental Health

Following a plenary session on Mental Health talks at the District 1175 Conference in 2017, the district's Rotarians were left wondering what we as Rotarians could do. We had previously adapted the "ThisClose" to Ending Polio campaign to make it more relevant to those in the UK



This gave us an idea...

Rotarians 4 Mental Health

This led to our “Don’t Bottle It Up” awareness campaign.

DON'T BOTTLE IT UP

Rotary 
Great Britain & Ireland **Rotarians 4 Mental Health**

**“I’m not afraid to speak up
– Neither should you”**
Darren Hands
Rotarian, Plympton Rotary

1 in 4 people in the UK officially suffer with some form of mental illness – in reality, almost everyone will encounter a mental health issue either directly or indirectly at some point in their lives. Even if you're not in the 25% directly affected, help break the taboo of Mental Health. Don't suffer in silence.
[#ramh](#) [#dontbottleitup](#)

 Mental Health Foundation

MENTAL HEALTH AWARENESS WEEK
KINDNESS 18-24 MAY 2020

Rotarians 4 Mental Health

There can be many causes that affect our mental health – but all too often, people “bottle these up” and will not do anything about them.



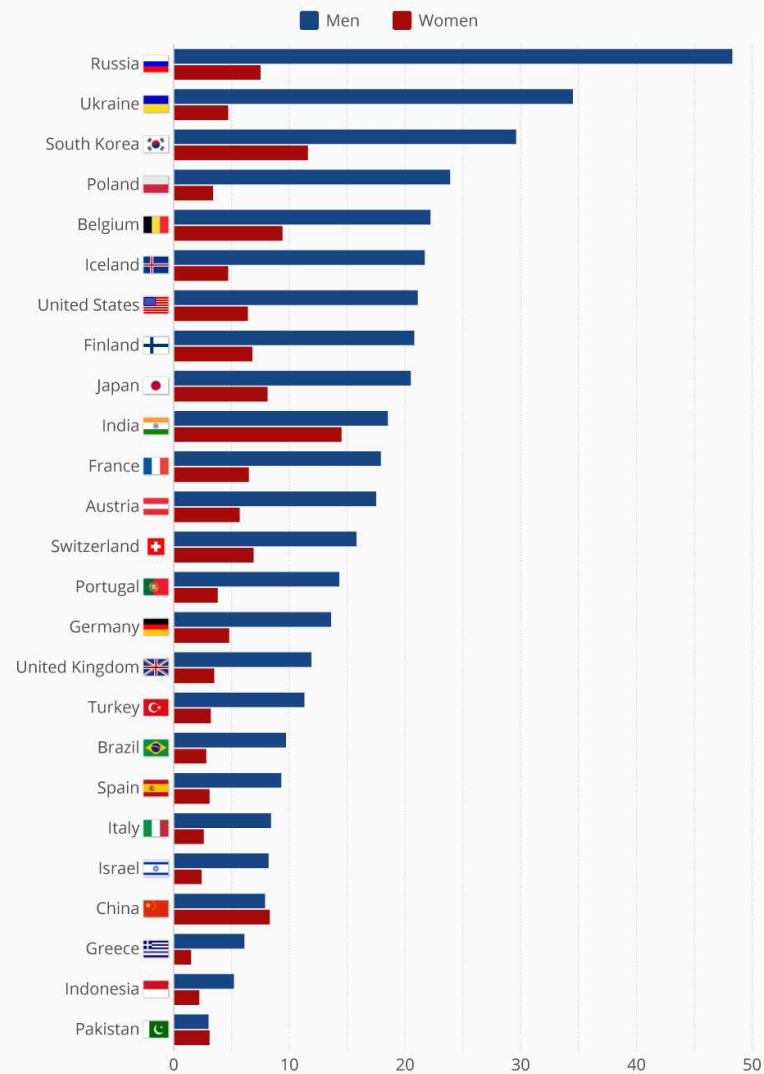
Rotarians 4 Mental Health

- **1 in 4** people experience a Mental Health issue each year
- **792 Million** people around the world have a mental health issue
- At any given time, 1 in 6 working adults will have a mental health issue
- In the UK, **every 2 hours**, a man under the age of 45 attempts suicide.
- Men more than women are especially prone to not talking about things and are likely to suffer with a mental health issue.
- **Anxiety** and **Depression** are the biggest issues followed by issues caused by Drug and Alcohol abuse

Rotarians 4 Mental Health

Suicide Rates Around the World

Estimated rate of suicide per 100,000 population in selected countries in 2016



@StatistaCharts Source: WHO

statista

Rotarians 4 Mental Health

2000/01 Rotary International President Frank Devlyn's theme was
"Create Awareness – Take Action"



In many ways, this has been the underlying principle from which the Rotarians 4 Mental Health initiative was developed.

Rotarians 4 Mental Health

We (Rotary) are not experts in this field, but we can create and maintain awareness and encourage people to seek help, to “Don’t Bottle It Up” and to speak to someone.

DON'T BOTTLE IT UP

Rotary International
Rotarians 4 Mental Health
Great Britain & Ireland

“I’m not afraid to speak up – Neither should you”

Henry Slade
England Rugby International

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DON'T BOTTLE IT UP

Rotary International
Rotarians 4 Mental Health
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“I’m not afraid to speak up – Neither should you”

Davinia Taylor
Actress and Personal Trainer

1 in 4 people in the UK suffer with a mental illness each year. Even if you’re not in the 25% directly affected, help break the taboo. Don’t suffer in silence. #dontbottleitup

DON'T BOTTLE IT UP

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“I’m not afraid to speak up – Neither should you”

Johnny Mercer
MP, Plymouth Moor View

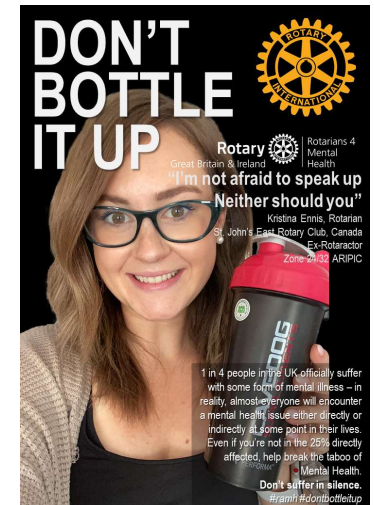
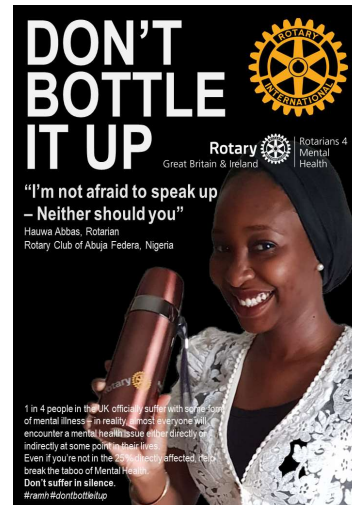
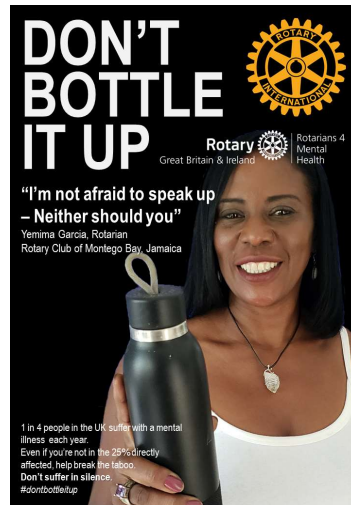
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Mental Health Foundation
MENTAL HEALTH AWARENESS WEEK
KINDNESS 15-24 NOV 2020

We have the support of international sports stars, actors and Members of Parliament amongst many others

Rotarians 4 Mental Health

But we also have the support of many Rotarians from all over the world – who in turn have been sharing their support through social media



Rotarians 4 Mental Health

In England, groups like Andy's Man Club have been formed to get guys talking about their feelings and to try and combat this issue.



Rotarians 4 Mental Health

Through the website we have created, we can also direct people to organisations who can provide the help they need – these are just some of those in the UK but there are many similar groups worldwide.



Rotarians 4 Mental Health



If nothing else, we can help try to end the stigma around mental health issues.

www.rotary-site.org/rotarians4mentalhealth
Email: dazhands1971@gmail.com