

# Men's Health Week 2006 in Denmark

## Activities during MHW 2006 in Denmark

The fourth Men's Health Week in Denmark will have a special focus on men's mental health. More partners than before support the MHW. There are arrangements in the four largest cities in the country. Information is provided to all GPs and other health professionals in a resource-pack.

### Themes:

- Twice as many men as women commit suicide
- Twice as many women as men are diagnosed with a depression
- Symptoms as 'anger attacks', 'lowered stress threshold', and 'aggressiveness', which appear most often in men, are often under-recognized
- Three times as many men as women suffer from substance abuse
- Men can get post natal depressions. This has until now been overlooked in health care
- Men's mental problems do not get sufficient treatment
  - There is a need to be aware of certain symptom occurring more frequently in men
  - There is a need of putting a special focus on older men and men with another ethnic background than Danish
- It is difficult for many men to approach the health services having mental. This is also a problem when men are traumatized and suffering from stress disorders
  - Health professional must open their eyes to men's ways of communication on health and diseases
  - Men do not get the information, are not approached, and do not get the treatment that is most appropriate for them

### Organizers:

Men's Health Society, Denmark

National Health Board

The Danish Mental Health Fund

Copenhagen University Hospital



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## Partners:

3F – the United Federation of Workers (the largest trade union in Denmark)

Anti Doping Denmark

Danish Association for Mental Health

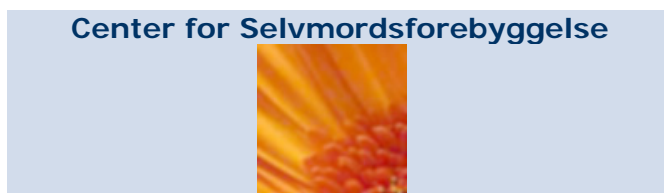
Research Group on Elderly People and Suicide

Centre for Geronto-Psychology

The Information Centre, Odense University Hospital

PROPA, the Prostate Cancer Patient Society (Part of Danish Cancer Society)

Lysthuset, Centre for encouragement of sexual health



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## Activities:

March-April warming up with campaigning for the new book called "Know your body, man!" –including "Know your mind, man!"

June 6-11

Campaign where Men's Health Society will call on all members of Parliament, Danish members of European Parliament, and all members of the new Danish regional health authorities to sign the Declaration on the health of men and boys in Europe.

June 12-18 - Men's Health Week

Focus: Men's mental health.

## 1) Arrangements

June 9: Premiere of the play 'Man O Man' in Aarhus

June 12: Opening arrangement in Copenhagen

June 12: Whole day arrangement in Aarhus on elderly men's wellbeing, depressions, and suicides

June 13: Seminar on elderly men's mental wellbeing in Odense

June 14: Arrangement "On the brain, Stress, and Depression" in Copenhagen

June 14: Seminar: Elderly men's mental wellbeing and suicides in Odense

June 15: 'Men and psychotherapy', arrangement in cooperation with the Danish Psychological Association

## 2) Information

All GPs, all pharmacies and different other health professionals working with men will just before the week receive booklets, pamphlets, and flyers with information on:

- How to communicate with men on mental wellbeing and problems
- Men's mental health with focus on men and depression – with tools for identifying symptoms of depression how to identify symptoms that are occurring mostly in men
- Men and postnatal depression (results from a EU-project, financed by the EU)
- Working with elderly men – preventing depressions and suicide

Svend Aage Madsen

Men's Health Society, Denmark

Organizing committee of Men's Health Week 2006 in Denmark