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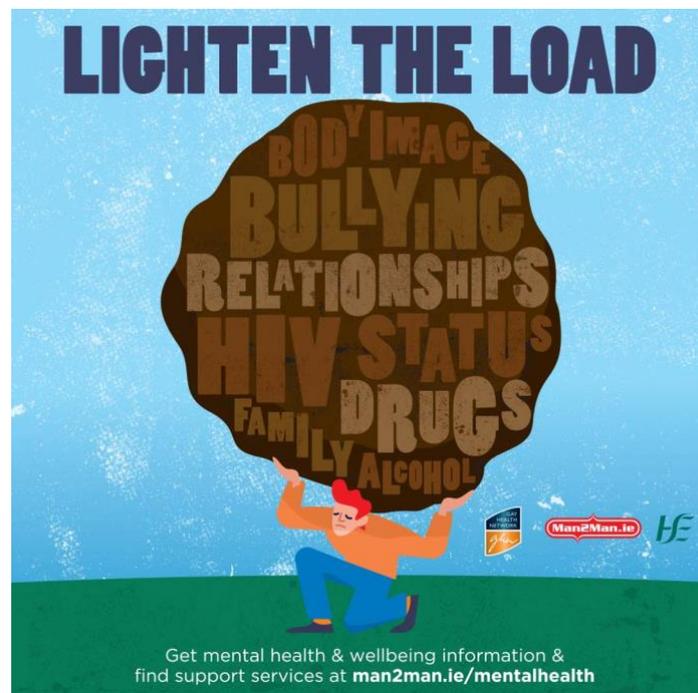
PRESS RELEASE

15th June 2021

Irish AIDS Day

Gay Health Network (GHN) has launched new pages on their www.Man2Man.ie website on Mental Health to coincide with Irish AIDS Day 2021. www.man2man.ie/mentalhealth provides information on mental health and wellbeing and listings for support services. The pages are also available in French, Portuguese and Spanish.

The poster for the campaign encourages people to ‘talk and seek support to lighten the load’



Other resources related to the campaign are in production and released for Pride, thanks to funding from our partners SHCPP, HSE as well as a special grant from the Department of

Children, Equality, Disability, Integration and Youth. It will also be promoted through our social media platforms.

Padraig Burke, Communications Director GHN, said that ‘The new www.man2man.ie/mentalhealth pages contain sections on Mental Health and Wellbeing; What to Watch Out For; Mental Health Vulnerabilities; Keys to Maintaining Good Mental Health; 8 Ways to Feel Calmer; Help and Support; and Further Reading. He went on ‘Together the pages aim to educate, inform and advise men about identifying mental health concerns and what they can do about them’.

Mental health and wellbeing are important issues for G/B/T/MSM (gay, bisexual and trans men, and men who have sex with men and including those living with HIV. The European MSM Internet Survey (EMIS-2017) Ireland Report (see references below), and community reports part 2 and 3, highlight the mental health and minority stress issues:

Bill Foley for GHN highlighted that ‘approximately one in 10 of respondents were vulnerable to anxiety or depression. This figure rises to 16% for younger men in the 17–24-year age group’. These rates are of concern and raise awareness of the need for increased supports for this vulnerable group.

ENDS

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References:

Founded in 1994, GHN (www.ghn.ie) is a network of organisations and individuals working at the frontline of HIV and STI services. We are an expert network providing a national resource, response, and support for the promotion HIV prevention, and sexual health and wellbeing, for all G/B/MSM (gay men, bisexual men, trans men and men who have sex with me who don’t identify as gay or bisexual). With our partner the HSE’s, Sexual Health and Crisis Pregnancy Programme (SHCPP) we manage and develop educational information and advice via www.man2man.ie programme. For further information on GHN and the man2man programme Email info@ghn.ie

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EMIS Main report and Community reports at <https://gayhealthnetwork.ie/research/>

Minority Stress & Coping: <http://gayhealthnetwork.ie/wp-content/uploads/2019/11/COMMUNITY-REPORT-PART-2-EMIS-2017-IRELAND-NOV-2019.pdf>

Living with HIV: <https://gayhealthnetwork.ie/wp-content/uploads/2020/11/EMAIL-WEB-CR-3-EMIS-4-PAGE-A4-2020.pdf>