# Men’s Health Week 7 – 12 November 2022 Social Media Posts

Post 1  
This Men’s Health Week, we’re encouraging anyone struggling with their mental health to seek help. Men are far less likely to access support for both physical and mental health issues. There are a variety of places you can get help if you’re feeling anxious, depressed or suicidal. Contact our local hotline on 0808 196 4501, speak to your GP or call Samaritans on 116 123. <https://www.shropshiretelfordandwrekin.nhs.uk/shropshire-mens-health-week-7-12-november-2022/>

Post 2  
Statistically, men are far less likely to seek medical help for physical or mental health issues. Let’s try and change that.

This Men’s Health Week we’re encouraging all men across Shropshire, Telford and Wrekin to seek help if they need it. Book a GP appointment, speak to a local pharmacist or call the Mental Health Helpline on **0808 196 4501.** <https://www.shropshiretelfordandwrekin.nhs.uk/shropshire-mens-health-week-7-12-november-2022/>

Post 3  
This Men’s Health Week we’re running pop up events in Shrewsbury and Telford. Come down and see our GPs, pharmacists, mental health therapists and cancer specialists. You can also get your Covid-19 autumn booster if you’re eligible! <https://www.shropshiretelfordandwrekin.nhs.uk/shropshire-mens-health-week-7-12-november-2022/>

Post 4

This Men’s Health Week we’re encouraging all men to contact their GP if they have any worrying or unusual symptoms. Doctors are highly trained and not embarrassed by anything. Book an appointment today, and get it checked out. <https://www.shropshiretelfordandwrekin.nhs.uk/shropshire-mens-health-week-7-12-november-2022/>

Post 5  
Men of Shropshire – it’s time to speak to your GP if you’re worried about anything. Make an appointment or pop into your local pharmacy. Don’t delay, we’re here to help.   
 <https://www.shropshiretelfordandwrekin.nhs.uk/shropshire-mens-health-week-7-12-november-2022/>