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“Positive Male Mind: Overcoming Mental Health Problems” Paperback (From The Positive Wellbeing Series) – Published 20 September 2018 by Dr. Shaun Davis (Author), Andrew Kinder (Author) From LID Publishing of London:

To: All Branches

Dear Colleagues,

Dr. Shaun Davis Global Director of Safety, Health, Wellbeing & Sustainability at Royal Mail Group has teamed up with Andrew Kinder Chartered Counselling Occupational Psychologist and the Professional Head of Mental Health Services at Optima Health, to write a book on Men’s Mental Health. The Paperback, entitled “Positive Male Mind – Overcoming Mental Health Problems” which is to be published on 20th September is timed to coincide with World Suicide Prevention Day 10 September 2018 and World Mental Health Day 10th October 2018 during which time the book is being widely promoted.

Mental health problems affect 1 in 4 and while many suffer from it, few seek help or speak about it. This is especially true for men who are less likely than women to do so, as they find it difficult to feel ‘vulnerable’.

‘Positive Male Mind’ covers how employees can improve mental health if the workplace is the root of their difficulties, including areas such as:

- A positive workplace
- Establishing boundaries
- Avoiding judgemental terminology and language
- Promoting healthy work-life practices

The book sends out an important strong message - **‘Mental Health at Work - Open Up and Talk About It’**

Written by Dr. Shaun Davis (well known to all CWU Area Health and Safety Reps) and Andrew Kinder, both of whom are leading experts on this topic, Positive Male Mind aims to inspire positive dialogue around male mental health in a practical way, to help address this taboo topic in the personal and corporate spheres.

While it is geared towards a male audience, this book is designed to also help friends, colleagues, and partners support and aid their male relatives and friends with solutions, advice and tips for better wellbeing.

Authors: Dr. Shaun Davis is Global Director of Safety, Health, Wellbeing & Sustainability at Royal Mail Group and Andrew Kinder is a Chartered Counselling Occupational Psychologist and the Professional Head of Mental Health Services at Optima Health.

The "Positive Wellbeing Series" of books from "LID Publishing" is, states the publishers, a series of books by expert authors from the sector, designed to empower and guide individuals to enhance their own wellbeing – and therefore find happiness and fulfilment at work by becoming more productive and successful. The series aims to provide employers with a resource to develop greater wellbeing among their employees and therefore increase quality, performance and efficiency. They say it is now widely recognised that wellbeing is a major factor in business. From an individual perspective, wellbeing has broad implications for a person's performance, success and fulfilment at work. From an organisation's perspective, the wellbeing of its staff has a direct impact on business efficiency and productivity. Governments and employers are now convinced that wellbeing in the workplace is an important issue. Individual employees who want to be successful in their work – but are also seeking satisfaction and fulfilment generally in their lives – also now believe enhancing their own wellbeing to be a major priority. The publishers conclude that this 'cutting-edge series of books' is designed to make wellbeing accessible to everyone who works. In line with current thinking in workplace wellbeing, as well as new ideas and innovations, the series will provide a touch point for individuals, organisations and wellbeing practitioners.

Those wishing to purchase a copy of the book can order a copy on line at the following link:
<https://lidpublishing.com/book/positive-male-mind/>

CWU members can purchase the book at a discount of 35% off the original price by using the following discount code: **POSITIVE35**.

Attached is a copy of the book cover.

Yours sincerely



Dave Joyce
National Health, Safety & Environment Officer