

**Don't keep it to yourself**

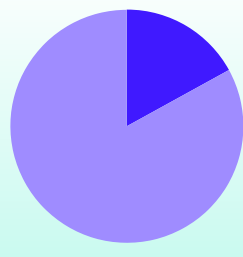
## Everyman's Health Matters Campaign

Simplyhealth's survey 'Don't Keep It To Yourself' explored if men are reluctant to talk about - and deal with - their physical and mental health issues.

**The results from 850 respondents are summarised here.**



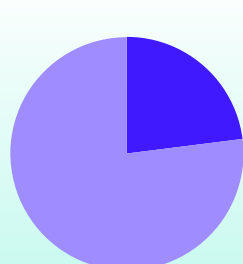
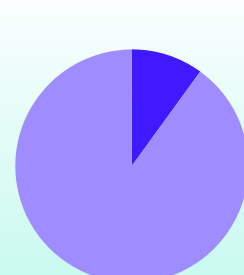
**Only 7% of men** prioritise their mental health above their physical health



**17% of men** say that being a burden on the NHS is a reason to not seek help



**10% of men** fear the outcome of going to the doctor



**23% of respondents** felt anxious or frustrated when needing to seek help



**58% of men think gender stereotypes stop others seeking help**

**But only 21% said it stopped them personally**



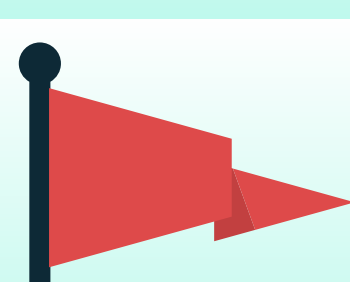
**74% of men** reported visiting a healthcare professional within the last year and **25%** within the last 5 years

**63% of men** have never sought professional help for their mental health



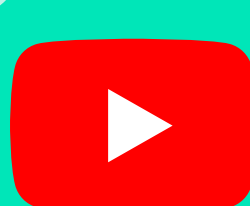
**Over 15% of men** would not speak with friends, family, healthcare professionals or teammates about their health

**Only 7% of men** flagged mental health as a priority, compared with **36%** for physical health.



**53% of men believe mental health and physical health are equally important**

**But only 19% believe men feel comfortable talking about mental health**



**[Head over to YouTube](#)** and watch our medical and celebrity panel discuss men's health and the survey results - including their personal experiences and professional insights.

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