

## Comic Relief Fund

£1.75 million fund to support vulnerable and disadvantaged young men with mental health problems

Mental health problems affect approximately 1 in 10 children and young people. They include depression, anxiety and self-harm, and are often a direct response to what is happening in their lives. Young men in the UK face specific challenges. Suicide rates continue to be high amongst men under 35 and we know that many services are struggling to identify and engage effectively with young men in order for them to access the support they need.

There is a persistent gap between the attitudes of men and women, with men consistently showing less positive attitudes about mental health and a reluctance to speak out and seek help. Stigma and gender stereotypes remain key barriers to young men seeking support. Those that do are often discouraged by formal or clinical-environments, and may be put off by traditional 'talking therapy' approaches. There is a need to invest in more services that take a 'male positive' approach to ensure the needs of young men are met.

We are launching a £1.75 million fund to support vulnerable and disadvantaged young men with mental health problems. We are seeking proposals to deliver specialised mental health provision which puts the needs of young men at the heart of their work. We are especially interested in funding organisations that test out different approaches to engagement and support to establish what works. We encourage applicants to co-design activities with young men to ensure their needs, interests and priorities are met as well as challenging the barriers they face in accessing mental health provision.

For more information please go to :- <https://www.comicrelief.com/apply-for-grants/open-grants-initiatives/thriving-not-just-surviving-young-men-and-mental-health>