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"Men's mental health has become an increasing concern in recent years. While there is often particular emphasis placed on the high number of male suicides, the problem is much broader than this, and many men suffer in silence."
– Jack Duckett, Senior Consumer Lifestyles Analyst

This report looks at the following areas:

For businesses there are undoubtedly reputational benefits to be had for those that help to break down the stigma that still surrounds mental illness and encourage men today to be more proactive towards their metal wellbeing.

- Getting men to "open up" about their mental wellbeing
- A more dynamic representation of older men in advertising

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This report is part of a series of reports, produced to provide you with a more holistic view of this market



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## The Market – What You Need to Know

Booming senior male population

Number of dads continues to rise

Engaging older men about their physical wellbeing

Younger men in need of more mental health support

Senior males prove the most financially confident

Taking inspiration from contemporary feminist theory

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Men want ads that make them laugh

Sharing advertising content

A more positive approach to older men

Encouraging a more proactive approach to health problems

The lonely young

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Getting men to open up

Men too embarrassed to seek help for mental health issues

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