



Men Looking After Their Mental Wellbeing ^{by} *NEW*

```
<style>
/* Course Entry Route */
.row.courseRoute{
  margin-left:0;
  margin-right:0;
  padding-bottom:1em;
  margin-bottom:1em;
  border-bottom: 1px solid rgb(51, 51, 51);
}
.courseRoute div.caption{
  display: block;
  font-size: 0.75em;
  font-weight: 400;
}
.courseRoute .courseTitle,
.courseRoute .courseLength,
.courseRoute .courseType,
.courseRoute .courseDeadline{
  font-weight: bold;
  padding:6px 0;
}
.courseRoute .courseTitle{
  color: #2993d0;
}
.courseRoute .courseApply{
  padding-top:7px;
  padding-left:0;
  padding-right:0;
}
/*ACCORDIONS / COLLAPSE
*****/

.panel-group .panel {
  border-radius: 0;
}

.panel-group .panel+.panel {
  margin-top: 10px;
}

.panel-default {
  border-color: #e7e7e7;
  border-radius: 0;
}

.panel-default .panel-heading {
  padding: 0;
  background: transparent;
  border-radius: 0;
}

.panel-default .panel-title > a {
  display: block;
  padding: 28px 30px 28px 20px;
  font-size: 18px;
  color: #2993d0;
  text-decoration: none;
}

.panel-default .panel-title > a .prefix{
  display:none;
}

.panel-default .panel-title > a .fa {
  float: right;
}
```



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```
.accordionStandard .panel-default .panel-title > a{
  position: relative;
}
.accordionStandard .panel-default .panel-title > a .fa.fa-caret-right {
  float: none;
  display: block;
  position: absolute;
  right: 20px;
  top: 40%;
  top: calc(50% - 10px);
}

.panel-default .panel-title > a:not(.collapsed) .fa:before {
  content: "\f0d7";
}

.panel-body {
  background: #eee;
  padding: 20px;
}

.panel-open-all {
  border-top: 1px solid #e7e7e7;
  margin: 20px 0;
  padding: 20px 20px 0;
  font-size: 18px;
}

.panel-open-all .fa {
  margin-left: 5px;
}

.panel-group > .panel-open-all > a.closeAll > i.closeAll:before {
  content: "\f0d7";
}

.banner .accordion_box .panel-group .panel .panel-heading .panel-title a span.flagExternal{
  background-image: url('https://www.ucd.ie/t4cms/ucdmaincore_new_window_icon.png');
  background-repeat: no-repeat;
  background-position: center center;
  display: inline-block;
  width: 14px;
  height: 14px;
}

/
/*BUTTONS
*****/

.btn {
  border-radius: 0;
}
.btn-spacer{
  height: 34px;
}

.btn.default {
  color: #0a4873;
  background: #eee;
  border: 0;
}

.btn.blue {
  background: #2993d0;
  color: #fff;
}
.btn.blue:hover {
```



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```
background: #45a1de;
}
.btn.darkblue {
background: #0a4873;
color: #fff;
}
.btn.darkblue:hover {
background: #5f839e;
}
.btn.yellow {
background: #f0c650;
color: #0a4873;
}
.btn.yellow:hover {
background: #f8ce58;
}

main#single-column-content {
background-color: white;
}

.image.video img {
display: block;
margin: 0;
}

img {
max-width: 100%;
height: auto;
}

img {
vertical-align: middle;
}

img {
border: 0;
}

img[Attributes Style] {
width: 100%;
}

</style>
```

```
<!--<h1 class="pageTitle">General Information</h1-->
<h3>General Information</h3>
<h1><strong>International Men&#39;s Day 2022</strong></h1>
```

<p>19th November marks International Men's Day, which aims to highlight the positive effects that men bring to their communities, as well as raising awareness of men's health issues and wellbeing. EDI are delighted to bring you a bundle of sessions aimed at men looking to mind their health and wellbeing. please register for each session on the or email edi@ucd.ie to find out more. </p>

<h3>Webinar: Men Looking After Their Mental Wellbeing </h3>

<p>Friday 18th November, 11am - 12pm</p>

<p>Mental health is a normal part of daily life, in the same way as physical health. The stigma around seeking help for mental health is gradually declining, but there is still lots of work to be done, especially when it comes to men, who on average pay less attention to their health compared to women. A 2020 survey carried out by the Irish Association for Counselling and Psychotherapy (IACP) revealed that only 3 in 10 Irish men said they would attend counselling or psychotherapy. </p>

<p>This webinar develops awareness of the context and the positive impact small changes today can have on attendees’ quality of life today as well as in the future. The session will provide advice and tips for men on protecting and supporting their mental health and wellbeing. Relevant support internal and external to UCD will also be signposted to participants. </p>

<p>Everyone is welcome to join, however the content is tailored particularly to men.</p>



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This session is complemented by the Share & Support workshop run by UCD's Mental Health and Wellbeing Support Colleagues and virtual Yoga for Men's Mental Wellbeing.

Share & Support Session for Men

Monday 21st November, 11am - 11:45am

For International Men's Day, UCD's Mental Health and Wellbeing Support Colleagues are hosting a virtual Share & Support session for men. At this informal and fully confidential session, participants are invited to share their experiences, perspectives and insights so that we can support and learn from each other at this time.

Overview:

- Introduction & ice-breaker
- Group-sharing guidelines
- Sharing experiences & support
- Closing

Places are limited as this is a small group session. The session will take place on Zoom with cameras on or off, as preferred.

Breathe: Yoga for Men's Mental Wellbeing

Tuesday 22nd November, 2pm - 3pm

Join qualified yoga instructor Tom for a virtual 1-hour Yoga session. The session is open to all levels including beginners and will focus on breathe work.

The yoga class will take place over Zoom between 2pm and 3pm and participants are welcome to leave their cameras on or off as they prefer.

Webinar: Paternity Matters

Wednesday 23rd November, 2pm - 4pm

UCD have also secured a number of places on the "Paternity Matters" virtual workshop run by Platform55 on 23 November for those who have recently returned from paternity or adoptive leave, or who have a very young family. It gives you the chance to connect with other dads and parents who are at a similar life stage. Topics include values, setting boundaries between work and home, crucial conversations and working as a team at home. If interested in a place, please email edi@ucd.ie

<div class="text">

General Details:

<h10></h10>

<dl>

<dt>Start Date:</dt>

<dd>18 Nov 2022</dd>

<dt>Start Time:</dt>

<dd>11:00</dd>

<dt>Duration(Hours):</dt><dd> 1.00</dd>

<dt>Location</dt><dd>Online - Zoom</dd>

<dt>Contact Name:</dt>

<dd>edi@ucd.ie</dd>

<dt>Contact Number:</dt>

<dd></dd>



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</dl>
<div class="image video">
 <IMG
src=W_HU_REPORTING.P_WEB_IMAGE?p_parameters=3BD002D2D66839190F9CAE7FD8324C383FE26E1C2559674A0A56E085F6B1E6C0A93833D7274714593BD7A63D9D5E0132EA735388CEAE41C01D05539A8C39C3EC WIDTH=100%></div>
</div><!--/text-->

<h4>Please note that you must be logged into to avail of the Book Now function. </h4>

<div class="panel panel-default">
 <div class="panel-heading" role="tab" id="heading99">
 <h4 class="panel-title"></h4>
 </div>
 <div id="collapse99" class="panel-collapse collapse" role="tabpanel" aria-labelledby="heading99">
 <div class="panel-body">
 <p></p>
 </div>
 </div>
</div><!--/panel-->

<iframe
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height="450"
frameborder="0" style="border:0"
src="https://www.google.com/maps/embed/v1/place?key=AlzaSyC54GPiiUtpxQhsRq9fwapW_SVhXsPBo1I&q=Online - Zoom+,,,"
allowfullscreen>
</iframe>