

ANBU UK Tamil Male in contemporary society event- Interactive questions and answers



Tuesday 29th May 2018 @RISELondon

Compiled by ANBU UK team (a multidisciplinary team including doctors and psychology professionals) and guest speaker Praveen Muthusamy.

No	Question	Answer
1	How do we get men to speak about their vulnerabilities?	<p>We believe it is important to create a safe environment for men to speak that is non-judgmental, where it ok to speak about feelings. It's important to be open and accepting and not dismiss any non-traditional masculine behaviours, actions or ideas.</p> <p>Let them speak at their own pace, it is important to actively listen to what they are saying. Do not put pressure on them to talk either or feel pressure to give advice or solutions, it is important to let the speaker own the space.</p> <p>They may sometimes need help to open up, perhaps asking questions appropriately to help them explain how they feel. Sometimes talking about your own vulnerabilities can open up a conversation</p> <p>They may negatively label themselves based on traditional male expectations, say its ok feel that way, but it's not true. The traditional expectations of a male are not reflective of today's society, but reassure them that how they feel is understandable.</p>
2	What about women? They don't accept the sensitive men	<p>At this point we should acknowledge that everyone is different, this question and statement is not true of all women.</p> <p>However, with regards to this question, its important when we consider challenging some features of traditional male ideologies, that both men and women's expectations should be open to change.</p> <p>Being sensitive is not a sign of 'weakness' but strength, it's being able to own all parts of yourself including difficult feelings.</p> <p><i>Male perspective: From my experience in a heterosexual romantic relationship, women have generally put in more effort and are more willing to talk openly. My past relationships have been healthier as a result since partners have context of certain difficulties of issues within a relationship.</i></p>
3	As well as men supporting each other. I think it's really important for women to support us. We grow up to do things just to impress the opposite sex.	<p>We agree, unity is important which is why we should be having these types of conversations across genders, and as mentioned above, both men and women's expectations should be open to change.</p> <p>Self- reflection is important way of owning yourselves and your actions. Reflecting on why we behave and act in the ways we do, as the statement suggestions, sometimes it to impress members of the opposite sex.</p> <p>We would encourage you to take steps to listen to your own thoughts and values, doing and acting on what is important to, not necessarily to impress others. Judging yourself on other people's expectations can be expending a lot of energy, and sometimes impossible to fully achieve. Believe in what is important to you.</p>

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		<p><i>Male perspective: As I stated in the previous point, in my experience, women have generally are more willing to talk openly. Secondly, as a general statement, social groups within the Tamil diaspora are still fairly gendered meaning that the majority of time Tamil men engage predominantly with each other.</i></p> <p><i>Yes, women should support men and vice a versa, but historically the onus has been on partners and female relatives to hold all the emotional support of Tamil men. This can become a lot of pressure on those relationships. We should also be creating space to access this support in our male friendships groups too.</i></p>
4	<p>What would women supporting men look like? How could they offer support?</p>	<p>Thank you for this question, we have considered our response across genders.</p> <ul style="list-style-type: none"> • Active listeners, open and non-judgmental. • Do be empathic and show kindness. • Allow them to speak at their own pace without applying any pressure for them to speak. • Refraining from giving advice or solutions, it is important they own this space. • Help them find support at their request. <p><i>Male perspective: I think there are plenty of real life examples of women supporting men, perhaps more to contain a situation rather than facilitate introspection and healing.</i></p> <p><i>Using my personal experience, when viewed from a 1st generation Tamil family, women often compromise their own wellbeing and emotions at the expense of maintaining relationships on behalf of their husbands/fathers.</i></p> <p><i>Especially in the case of men that turn to vices to numb pain and then act out with members of the family. It's often left to maternal figures of the household to hold the fort.</i></p> <p><i>This subconsciously shapes relationship expectations with the children of these families, transcending to second generation relationships.</i></p>
5	<p>Where can men go to speak about their problems if they don't wish to speak to their friends or family? Nhs?</p>	<p>There is support out there, if they decide they would so request it. It is important they access support</p> <ul style="list-style-type: none"> • Their GPs • Counsellors – (One in Four, low cost counselling services) • Therapists – Local IAPT services • Support groups – CALM (campaign against living miserably), Samaritans • Helplines (survivors UK, Victim Support) • Tamil counselling services are also available, organisations such as the following: <ul style="list-style-type: none"> ○ Tamil Community Centre, Hounslow, http://www.tccentre.co.uk ○ Tamil welfare association of Newham, http://twan.org.uk ○ South London Tamil Welfare Group http://www.sltwg.org.uk and Centre for Community Development, http://ccduk.org ○ Other Tamil specific support including: Jothy Helpline (confidential helpline provide fee counselling) http://www.ahilanfoundation.com/?page_id=198

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		and My Nanbee (befriending service) www.facebook.com/myNanbee
6	Is there a link between reading more books and being a better communicator?	<p>You can learn communication skills in many ways whether it be actively listening, reading or having practically by difficult conversation. Literature provides insight into evidence based research conducted by psychologists on what contributes to effective communication. Some literature may also provide techniques to help develop skills which can be applied to real life situation. Being a better communicator involves being open to practising these skills and taking a step into the unknown, this may include getting feedback when you feel you could have communicated better in a situation and thinking about how you could apply this.</p>
7	women supporting men looks like the turnout and hosts for this event being 50+% women	This sounds like it was in response to question 4 asked earlier.
8	How do we change Tamil expectations?	<p>We would encourage non-judgmental and inclusive spaces where everyone is treated fairly and with respect to create compassion in our community.</p> <p>Change is possible; however, it doesn't happen overnight. Its starts with us and how we treat each other.</p> <p>We would encourage individuals to challenging where possible; misogynistic, homophobic, oppressive, stereotypical gender roles and other discriminatory behaviours, creating space for more progressive dialogue acknowledging the diversity that exists in male identity beyond the traditional alpha male ideals.</p> <p>We should also acknowledge we are all in a process of learning, hope we can conduct this dialogue with sensitivity and patience, understanding that we all learn differently.</p>
9	What if my friend is a toxic male, how do I address this?	<p>We don't believe in labelling with 'Toxic male' identity, you may be referring to unhealthy behaviours your friend is exhibiting. Here are some steps that maybe be helpful:</p> <ul style="list-style-type: none"> • Listen to how they feel • Ask them to self-reflect, see if they feel there is anything wrong with their behaviours and actions. • Be honest with them, tell them how it makes you feel when they exhibit unhealthy behaviours and actions towards you. Focussing on the behaviour not the person and your feelings rather than making judgments towards the individual. • Be compassionate and kind, give them time and space to take in the feedback and opportunity to discuss at another time. • If they need more help in understanding their behaviours and actions, help them find support through other organisations and support groups. Talking therapy can also help.

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10	<p>Does that mean we have to disown our families to be this new male?</p>	<p>This is a great question. We don't believe this is true. It's about acknowledging that we are navigating Tamil culture and other cultures on top of this in the UK. They all interact and influence with each other differently for everyone.</p> <p>It's about understanding what is important to you and finding a balance with what is important to your family by having open and honest conversations with family members. Talking more about the challenges faced by Tamil men and women, especially in a contemporary society and what you value, acknowledging there is diversity in male identity beyond traditional alpha male ideals. We also acknowledge that this may not be received well initially and may take time to sink in. But know it is possible.</p> <p><i>Male perspective: Not at all, but I can see it is easier to say than execute. This isn't a mutually exclusive definition, but it may appear that your family are either or in their understanding. As stated above the best that one can do is have facilitated mature conversations. On a side note; there is a common misconception not just in Tamil Diasporas but all diasporas that by adopting more progressive ideas we are shirking our identity. However, progressive healthy Tamil culture exists. Tamil social conservative values DO NOT equal Tamil Culture.</i></p>
11	<p>Research has shown that Sri Lanka has one of the highest suicide rates in the world- do you think this influences the Tamil diasporas attitudes towards suicide?</p>	<p>Sri Lanka has a complex past and present of civil war and post conflict trauma. There may be many reasons why Sri Lanka has one of the highest suicide rates and will undoubtedly have an impact on diaspora's attitude to suicide.</p> <p>As discussed during the event, men don't commonly 'talk about their feelings' and take the 'get on with it' approach which adds to the pressure to conform to traditional cultural norms which may be causing the individual harm. Coping strategies and mental health are also considered a taboo in Tamil community and often stigmatised, preventing individuals from seeking support.</p>
12	<p>'I want a man who can control me? /He's too nice/I need him to be money motivated' these are comments I've heard often. How can we stop/change that? Root cause?</p>	<p>Again, this comes down to challenging traditional cultural and societal norms across genders, shifting focus from other people's perception and superficial needs, to more meaningful connections that encourage healthier relationships, contentment and happiness.</p>
13	<p>Why do we as a Tamil society / community kick people when they are down?</p>	<p>This is a generalisation of the Tamil community, not everyone may have this experience of the Tamil community. It is also important to acknowledge that this can exist in any community not just within the Tamil diaspora. However, this behaviour may exist where there compassion and empathy may be lacking. There are many reasons for this, it may be linked to competition, envy, lack of confidence, defence mechanisms, however we are unable to say for sure where this originates from.</p>

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	<p>Where does this mentality originate from?</p>	<p>in the absence of any evidence based research.</p> <p>We would encourage focussing on how we can challenge this approach and create a community that supports one another and engages in open conversation to elevate the community.</p> <p><i>Male perspective: This isn't unique to the Tami community but all ethnic minority diasporic groups/historically subjugated groups. In a society where ethnic minorities are facing struggles and issues attaining financial and social stability, one-upmanship becomes an intrinsic part of sustaining self-esteem, a sense of belonging to the higher tiers of society.</i></p>
14	<p>Writing a diary with your raw emotions and digging deep can help men acknowledge vulnerabilities. Then finding the right people to trust your thoughts with.</p>	<p>We completely agree with this comment. This approach can create more self-awareness of your own thoughts, particularly when it's in writing and then read back or verbalise with someone you are able to confide in</p> <p>This is also a good way of tracking your mood patterns and understanding what the triggers certain behaviours in yourself. This may help to identify areas of your life that require support change or to better cope better with.</p>
15	<p>Does everyone need therapy? Is that the only way?</p>	<p>Therapy is essentially a place to explore and reflect on your thoughts and behaviours. With this in mind, you can explore, reflect and process in a variety of ways, this does not have to be through one to one therapy work, it could be through having a creative outlet, group therapy, practising mindfulness, yoga or talking to friends and family where comfortable.</p> <p>If therapy is something you would like to do, it is absolutely about what you are ready and comfortable to do at that time. Some people prefer to talk to someone they know, some prefer confiding in a professional. This is absolutely fine, there is no right or wrong way. Have a look at the below for some more ideas.</p> <p>Mind website: www.mind.org.uk/information-support/tips-for-everyday-living</p> <p>And CALM website: https://www.thecalmzone.net</p> <p><i>Male perspective: Everyone has some level of negative experience in their lives that therapy can help process and overcome. Those who have an excellent support system (through friends and family) can sometimes lessen the need for therapy, though I'd highly recommend therapy.</i></p> <p><i>Therapy may seem like an extreme measure with a lot of stigma around it, that is unnecessary. It's talking with a professional, divorced from all the parties in the situation, who can expertly unpack what you're going through once they've gained your trust. It really isn't a big deal and I wouldn't bat an eyelid to it.</i></p>
16	<p>Is toxic masculinity born and bred through trauma? If</p>	<p>See question 9.</p> <p>We do not believe in labelling toxic masculinity as an identity, rather it's a term used for unhealthy behaviours. There are many reasons and contributing factors to toxic masculinity behaviours, trauma maybe one of them, but certainly on the only factor.</p>

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	<p>so, how can we better support our children? In a society of role models what could the aspiration be?</p>	<p>However, experienced trauma untreated may lead to unhealthy coping mechanisms such as sleep problems, eating problems, substance abuse, other high risk activities (sexual behaviours, gambling etc). It's important to encourage open and honest dialogue with children, conversation that is non-judgmental and can facilitate support and compassion in our community. As mentioned during the event, we should acknowledge and encourage diversity in male identity beyond traditional alpha male ideals. Encourage healthy coping strategies such as talking about ones feelings, starting a new hobby, meditation or exercise etc and if they want to and feel prepared to seek professional support.</p> <p>There are role models that exist in our society including family, friends and influential men in the media who have challenged stigma and cultural barriers to talk openly about trauma, mental health and diversity of male identity, as show in one our clips during the event. It is important we identify males who represent this to us and celebrate them.</p>
17	<p>Where should a man start, if he feels that he has no one to confide in?</p>	<p>There are alternatives routes to seek help if they have no one to confide in . Perhaps seek help or support from professionals including GP's, Support organisations, Helplines, counsellors, professionals trained to facilitated these discussions If they are not ready for that, there are many resources available online that may be helpful, have a look at the following websites: https://www.mind.org.uk/information-support/tips-for-everyday-living/ https://www.thecalmzone.net</p> <p>In the meantime, we would encourage adopting healthy coping strategies such as, starting a new hobby, meditation or exercise (see link above) etc. Some individuals turn to religion or spiritual paths for support.</p>
18	<p>Can you benefit from therapy without moving out of the place where you've had your traumatic experiences?</p>	<p>Yes, therapy can help you reflect on what is currently unhealthy about your home environment, which may be difficult to identify if you are still in the home.</p> <p>It can also help give you that space to understand the situation, providing ways to managing the situation in a healthier way that works for you and causes less harm. Be mindful that although your thought processes and behaviour may be changing with new perspectives, this may not necessarily be true for those in your home as they may not understand the changes you are going through – noticing this might help with frustrations around this.</p>
19	<p>How do we break down the expectations of men being brave and they should bottle their feeling inside?</p>	<p>Similar to the answers above, it is important that men support men, and women support men by providing a safe place that would encourage a man to speak openly and honestly with out judgment. If you feel someone you care about may be “bottling their feelings” it may be useful to go through the pros and cons of continuing to cope this way, thinking about the possible consequences of this behaviour and impact on their wellbeing. That said, it is important not to pressure a person into speaking if they do not feel comfortable to do so, as this can be more damaging, and can be a difficult situation to handle safely.</p>

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20	<p>Apart from therapy and talking to friends/ family, are there any Other options?</p>	<p>Perhaps seek help or support from professionals including GP's, Support organisations, Helplines, counsellors, professionals trained to facilitated these discussions If they are not ready for that, there are many resources available online that may be helpful, have a look at the following websites:</p> <p>https://www.mind.org.uk/information-support/tips-for-everyday-living/ https://www.thecalmzone.net</p> <p>In the meantime, we would encourage adopting healthy coping strategies such as, starting a new hobby, meditation or exercise (see link above) etc. Some individuals turn to religion or spiritual paths for support.</p>
21	<p>Question for P & H, What was done onto you by your father, would you happen to know if it was also done onto your father by his elders?</p>	<p>It would be difficult for both male speakers to answer this without input from their fathers.</p>
22	<p>Generally most women would choose a guy who is rich but insensitive as opposed to a broke guy who is the opposite of toxic masculinity.. Would you agree?</p>	<p>Again, this comes down to challenging traditional cultural and societal norms across genders, shifting focus from other people's perception and superficial needs, to more meaningful connections that encourage healthier relationships, contentment and happiness.</p> <p><i>Male perspective: As someone who used to think like this once upon a time, I feel this this question may be heavily loaded with toxic masculinity itself. Just because someone is a nice guy, it still doesn't mean they are entitled to reciprocation of interest just because they are nice. There is a sense of entitlement here and an inability to deal with rejection that is also an intrinsic part of traditional conservative masculinity.</i></p> <p><i>As a generalisation, some second generations Tamil women (and men) have preferred choosing partners that are rich/academically successful/high social standing. As stated above this comes down to societal pressures and social conditioning and does have subsequent impacts on Tamil men. We should as a community help easing these pressures on Tamil men and women, gaining a better understanding of how we choose our partners should help this.</i></p>
23	<p>Is masculinity and feminity a social construct? How do we uncondition ourselves from this</p>	<p>This is a great question. Social psychological research would suggest that both masculinity and femininity are social construct however evolutionary theorists would argue that these gender differences exist, to further the human race. Hence there are many arguments that would favour either argument.</p>

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	social conditioning?	It is important to start the conversation within your homes and friendship groups to develop a better understanding of traditional gender norms and beliefs, encourage discussion around diversity beyond these norms.
24	Do you think that, apart from trauma, there are contributory factors like media portrayal, societal expectations that greatly affect Tamil guys in r-ships	<p>Absolutely, there are many factors that contribute to our personalities and can impact relationships. As mentioned during the event, there are Tamil and mainstream influences in media as well as societal/cultural norms that impact us all differently. We gave the example of Tamil cinema which can normalise some unhealthy behaviours such as stalking and misogyny, but it's not reflective of all Tamil cinema, that's just an example.</p> <p>It's important that we take a step back and look to adopt healthier attitudes and behaviours in relationship that facilitate respect, good communication, balance, happiness and ultimately love.</p>
25	Could Kathrine or the other panelists address a couple of the comments that seem unsure about therapy. Is this because there might be a stigma in the diaspora?	<p>Yes, there is definitely a stigma associated in seeking psychological support. This may be largely due to lack of understanding of what support entails, and linking this to weakness or something that be viewed negatively by the community. Religious and cultural beliefs may also contribute to this way of thought.</p> <p>In South Asian countries, there is little recognition of emotional well being and mental health, which has trickled through to the international diaspora communities. This lack of awareness can lead to less informed information sharing and assumptions, perpetuating the stigma associated with mental health, and sometimes exaggerate it as something to be feared, linked to an individuals social status.</p> <p>Mental health and well being is as important as physical health, and neglecting mental health can be as dangerous as neglecting your physical health.</p>
26	With new gen of Tamils born and growing up in the western world, the view of masculinity changes. Does this mean that we are losing some of our tamil culture?	<p>Not at all, as per question 10.</p> <p>It's about acknowledging that we are navigating Tamil culture and other cultures on top of this in the UK. They all interact and influence with each other differently for everyone.</p> <p>It's about understanding what is important to you and finding a balance with what is important to your family by having open and honest conversations with family members. Talking more about the challenges faced by Tamil men and women, especially in a contemporary society and what you value, acknowledging there is diversity in male identity beyond traditional alpha male ideals. We also acknowledge that this may not be received well initially and may take time to sink in. But know it is possible.</p> <p><i>Male perspective: Not at all, but I can see it is easier to say than execute. This isn't a mutually exclusive definition, but it may appear that your family are either or in their understanding. As stated above the best that one can do is have facilitated mature conversations. On a side note; there is a common misconception not just in Tamil Diasporas but all diasporas that by adopting more progressive ideas we are shirking our identity. However, progressive healthy Tamil culture exists.</i></p> <p><i>Tamil social conservative values DO NOT equal Tamil Culture.</i></p>

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27	To those asking therapy is available free to everyone (although with a waiting list) through the NHS to which you can self refer without even seeing your GP	<p>This is correct. Completing a self-referral online, within a couple of weeks an assessment will be conducted. Your local IAPT service will be able to support you with this and get it started.</p> <p>There is a waiting list in some services, however based on your flexibility in terms of how you would like the help facilitated, this can be a short waiting time. This is also dependent on what your current needs are, you may be allocated longer term therapy which may have a longer waiting list than short term work.</p>
28	The only way we can change our preconceptions of what it means to be Tamil and gender/sexuality is to engage actively in the existing community to change it.	<p>Yes, we agree we need to be having more conversations.</p>
29	Does labelling traits as masculine and feminine perpetuate stereotypes and social expectations?	<p>Great question. It most probably does.</p> <p>However, we also need to start somewhere, and sometimes we need to label some common traits to dispel myths around them and common misconceptions.</p>
30	Are issues of tamil masculinity more pronounced than in other similar communities eg s Asian communities	<p>We don't believe so. We are focussing on the Tamil community because of our own heritage, however we do not believe this to any different to any other diaspora communities.</p>
31	What is the best way to support someone who suffers from PTSD?	<p>It can be really hard to see someone experiencing the symptoms of PTSD or complex PTSD. Here are some suggestions for ways you can support them while also looking after your own wellbeing.</p> <p>(taken from MIND website: https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd/for-friends-and-family/#.Wx7qvq3Mzv1)</p> <ul style="list-style-type: none"> • Listen to them allowing them to be upset about what has happened, letting them speak at their own pace without judgment or pressure • Learn their triggers. Each person will have a different experience of PTSD, so it might help to talk about what sorts of situations

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		<p>or conversations might trigger flashbacks or difficult feelings. For example, they might be particularly distressed by loud noises or arguments. Understanding their triggers could help you to avoid these situations, and feel more prepared when flashbacks happen.</p> <ul style="list-style-type: none"> • Respect their personal space. People who experience PTSD may often feel jumpy or on edge. They may be easily startled or feel they need to constantly watch out for danger. It can help if you: avoid crowding the person, don't touch or hug them without permission, try not to startle or surprise them. • Look out for warning signs. You might see a change in the behaviour of the person you want to support. For example: a change in their mood, such as getting easily upset, angry or irritated, a change in performance at work, such as lateness or missing deadlines, a change in energy levels, such as extreme alertness or a lack of concentration. If you notice these sorts of changes in someone close to you, you could ask them how they are feeling. This might encourage them to open up. • Help them to find support. If they want you to, you could help your friend or family member to find further support, see link to relevant organisations: https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd/useful-contacts/#.Wx7rpa3Mzv0
32	If the abuse has stopped but still previous past experiences of memories are still there.	<p>Overcoming and healing is a like a journey, and for each person the path is different. However, there are some common steps that most survivors will recognise. The first step is to recognise what happened to you – sometimes you may have blocked out or ‘forgotten’ what happened to you. Then begins the process of making sense of this – what happened, how it is affecting you now and what you want to do about it. There are parallels to a grieving process – initial denial or disbelief gives way to anger, and searching for meaning. Gradually we are able to accept our loss and find a new meaning in our lives, though part of us never forgets. It’s a painful process, and to have someone alongside us makes a huge difference. This may be friends, family, other survivors or a therapist.</p> <p>Most people find that it is very hard to share what has happened – the feelings of shame can be immense, and we are naturally afraid of being seen as bad or at fault. However, finding someone you can trust to talk to is key.</p> <p>Finding your voice when you have been silenced - speaking out against what happened to you- is empowering. Talking to other survivors can be very inspiring and empowering – they give a message of hope that you can heal and take back power in your life. There are lots of online resources out there as well - survivors have so much in common, and it’s important to know that you are not alone, and that there is no shame in disclosing what has happened to you. Developing self-compassion is important too – we need to find ways to care for ourselves with love and gentleness.</p>
33	How do we create A comfortable environment for South Asian men who have been shaped to bury their emotions,	<p>As per question 1 and 4. We can help facilitate more open conversations in the following ways:</p> <ul style="list-style-type: none"> • Active listeners, open and non-judgmental. • Do be empathic and show kindness. • Allow them to speak at their own pace without applying any pressure for them to speak. • Refraining from giving advice or solutions, it is important they owns this space.

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	generationally?	<ul style="list-style-type: none"> • Help them find support at their request.
34	How can men, who have been conditioned to inadvertently project toxic masculinity be dealt with?	<p>See question 9.</p> <p>Here are some steps that maybe be helpful:</p> <ul style="list-style-type: none"> • Listen to how they feel • Ask them to self-reflect, see if they feel there is anything wrong with their behaviours and actions. • Be honest with them, tell them how it makes you feel when they exhibit unhealthy behaviours and actions towards you. Focussing on the behaviour not the person and your feelings rather than making judgments towards the individual. • Be compassionate and kind, give them time and space to take in the feedback and opportunity to discuss at another time. • If they need more help in understanding their behaviours and actions, help them find support through other organisations and support groups. Talking therapy can also help.
35	Have a friend who has almost committed suicide how do you help someone like this when they refuse professional help and the only thing they turn to is alcohol	<p>This must be a difficult for your friend and for you to see you friend in such distress, however starting that conversation is important. It is also important to ensure your friend is aware of support available and that they are not alone. This can be a huge burden for an friend to take on, it is also important to take steps to check your own wellbeing too.</p> <p>Here are some tips from the NHS to coping right now</p> <ul style="list-style-type: none"> • try not to think about the future – just focus on getting through today • stay away from drugs and alcohol • get yourself to a safe place, like a friend's house • be around other people • do something you usually enjoy, such as spending time with a pet <p>https://www.nhs.uk/conditions/suicide/</p> <p>Rethink also has some great resources for yourself and your friend: https://www.rethink.org/diagnosis-treatment/symptoms/suicidal-thoughts which include developing a crisis plan, being aware of triggers, being around other people, distractions, making a list and exercise as some example tips they go into detail in the website.</p> <p>Also some support for you as a supporter from MIND: https://www.mind.org.uk/information-support/helping-someone-else/supporting-someone-who-feels-suicidal/#.Wx7rPK3Mzv0</p> <p>Important crisis helplines:</p>

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		<p>Samaritans – operate a free to call service 24 hours a day, 365 days a year, if they want to talk to someone in confidence Call 116 123 Email jo@samaritans.org Campaign Against Living Miserably (CALM) – for men Call 0800 58 58 58 – 5pm to midnight every day , Visit the webchat page</p> <p>If they have seriously harmed themselves – for example, by taking a drug overdose – call 999 for an ambulance or go straight to A&E. if you or someone you know requires urgent care, but it is not life-threatening call NHS 111</p> <p>https://www.nhs.uk/NHSEngland/AboutNHSservices/mental-health-services-explained/Pages/mental-health-emergencies.aspx</p>
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