



University
of Exeter

Beyond the stigma:

Engaging young men in mental health
research through their own lens



We dedicate this book to the 12 young men who stepped forward and shared their insights on this important topic.

To those who supported this project, and to all the young men who have not felt supported in the past, who do not feel supported now, and who may not feel supported in the future.

May we do better.

Young men are often described as being '*hard to reach*'

But are they the problem?

Or is it the way research and services are set up?

Many research and healthcare organisations speak about the difficulties of engaging young men in mental health research and mental health services. Young men are often described as ‘hard-to-reach’, and the response is often that they need to change — to become more emotionally aware, more willing to talk, more ready to engage.

But is this really true?

Or have we failed to create the conditions and permissions that allow them to show up and be involved?

Time and time again, we hear young men say, “I didn’t think it was for me.”

We need to change this.

This photobook brings together images created by 12 young men who took part in the NIHR-funded Beyond the Stigma research project, exploring how we can better engage young men in mental health research.

Equipped with their own cameras, and with an introduction to the method of photovoice, they set out into their everyday worlds to capture, through their own lenses, what they believe helps us engage young men in mental health research — and what makes it harder to stay involved.

They shared their photographs alongside their own words, explaining the stories behind each image.

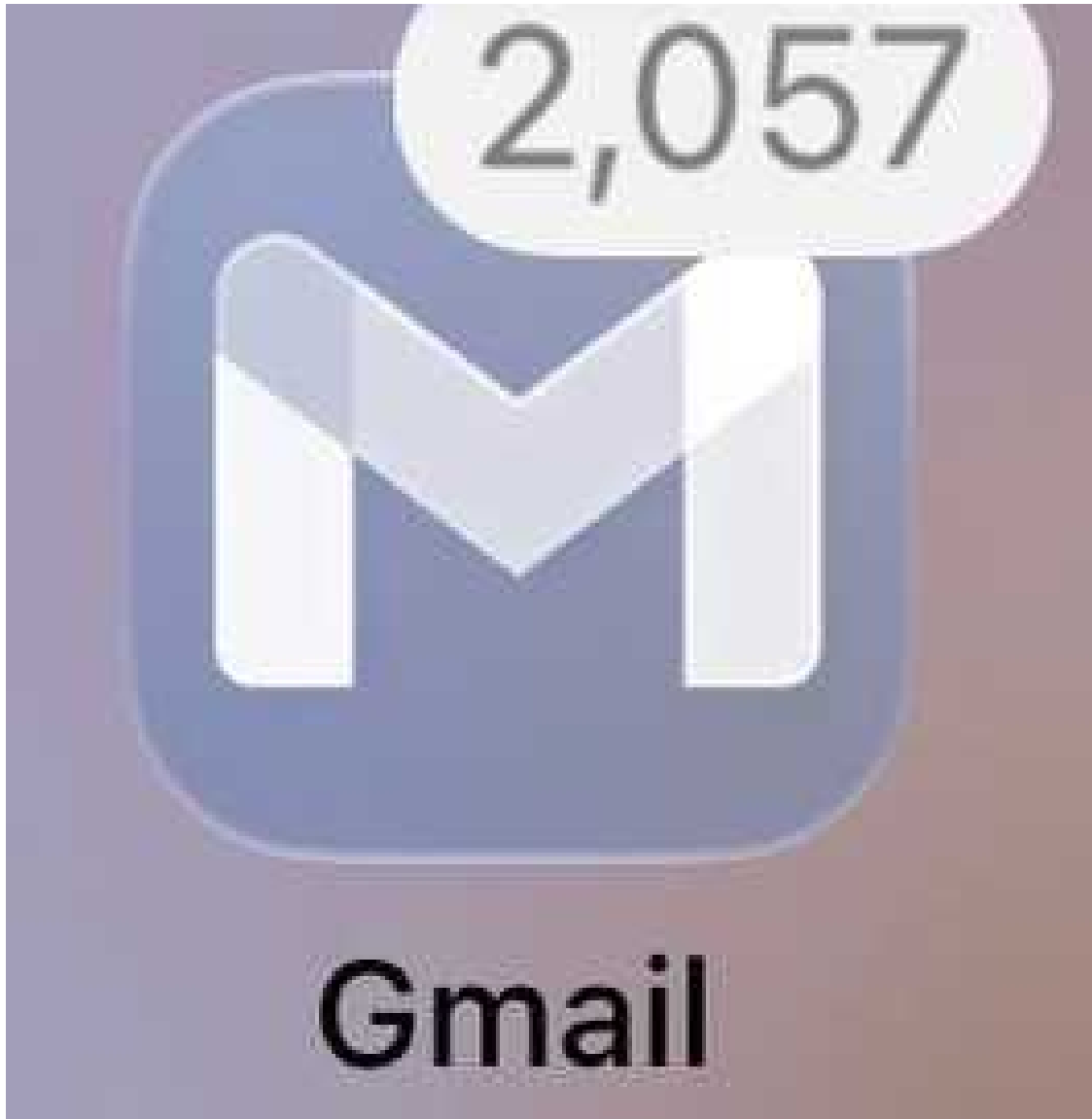
This isn’t a photobook of pristine social media photographs and carefully edited captions.

The images and words you see here are exactly as they were shared by the young men who took part — their photographs, their captions, their voices.

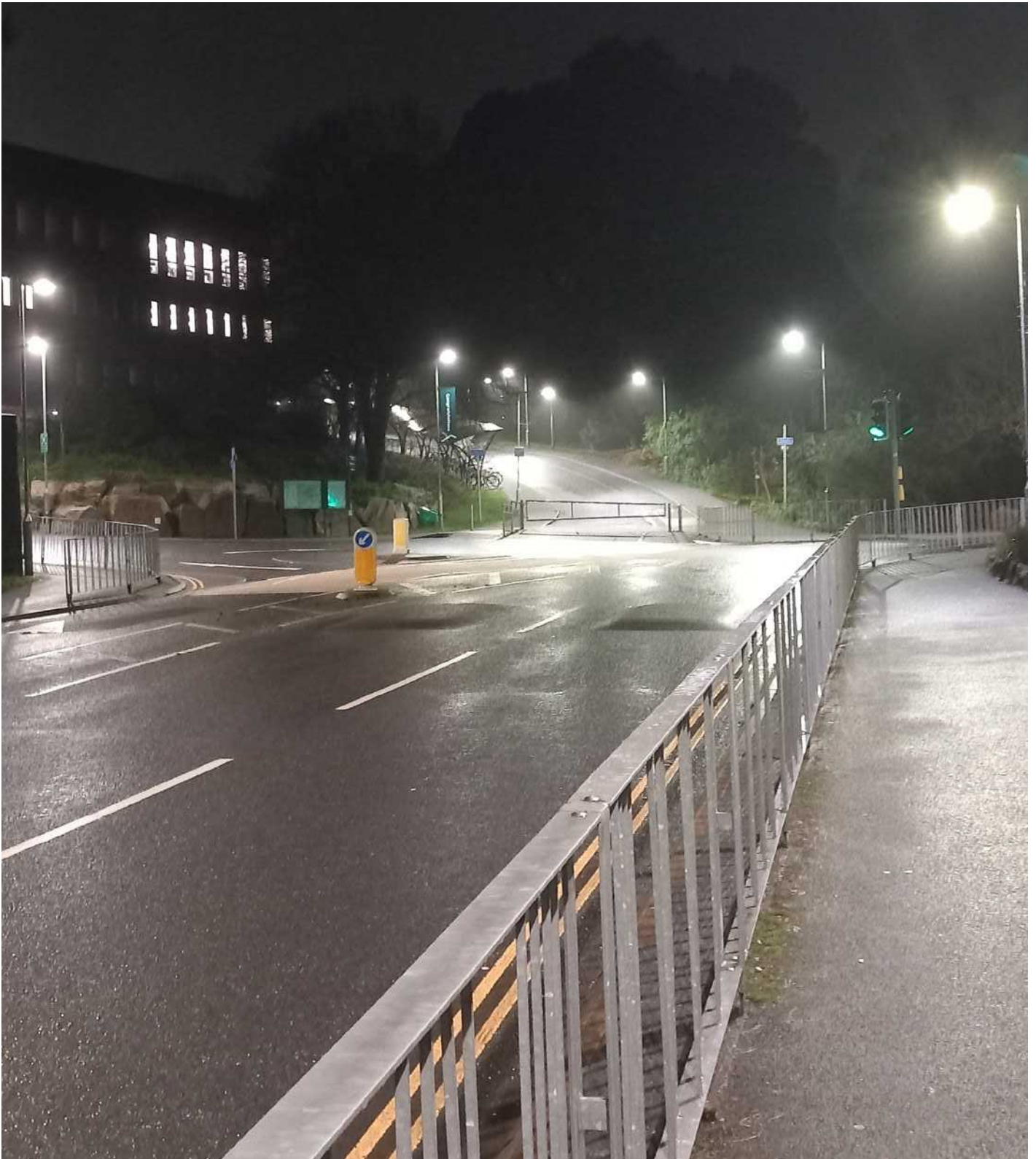
What could make mental health research feel more interesting
or relevant to young men?

For something to feel worth taking part in, it has to feel like it belongs
in your world.

These images reflect what can make mental health research feel
relevant to young men, and what helps it feel like a space they can
see themselves in, not one that feels meant for someone else.



We get bombarded with spam and noise every day. Researchers need to communicate with the participants in such a way that research doesn't feel like another unread task or extra thing to do.



Me and my friend stayed till 4AM to turn in our group coursework. Purely motivated by anxiety but I thought it was worth it to get a first.

What I am trying to (indirectly) relate to is academic anxiety. It's something that still affects me to the point of having a physical reaction and was in fact having during that specific ordeal. That masculine pressure to perform and stay silent about struggles can manifest in less obvious ways, in a sense I do feel my struggles feel overlooked. Maybe I feel trying to compile the unique/different ways societal pressures express themselves on men is something could be useful and if I was aware of more people with struggles similar to mine, I would have been more willing to participate in mental health/mental health research.

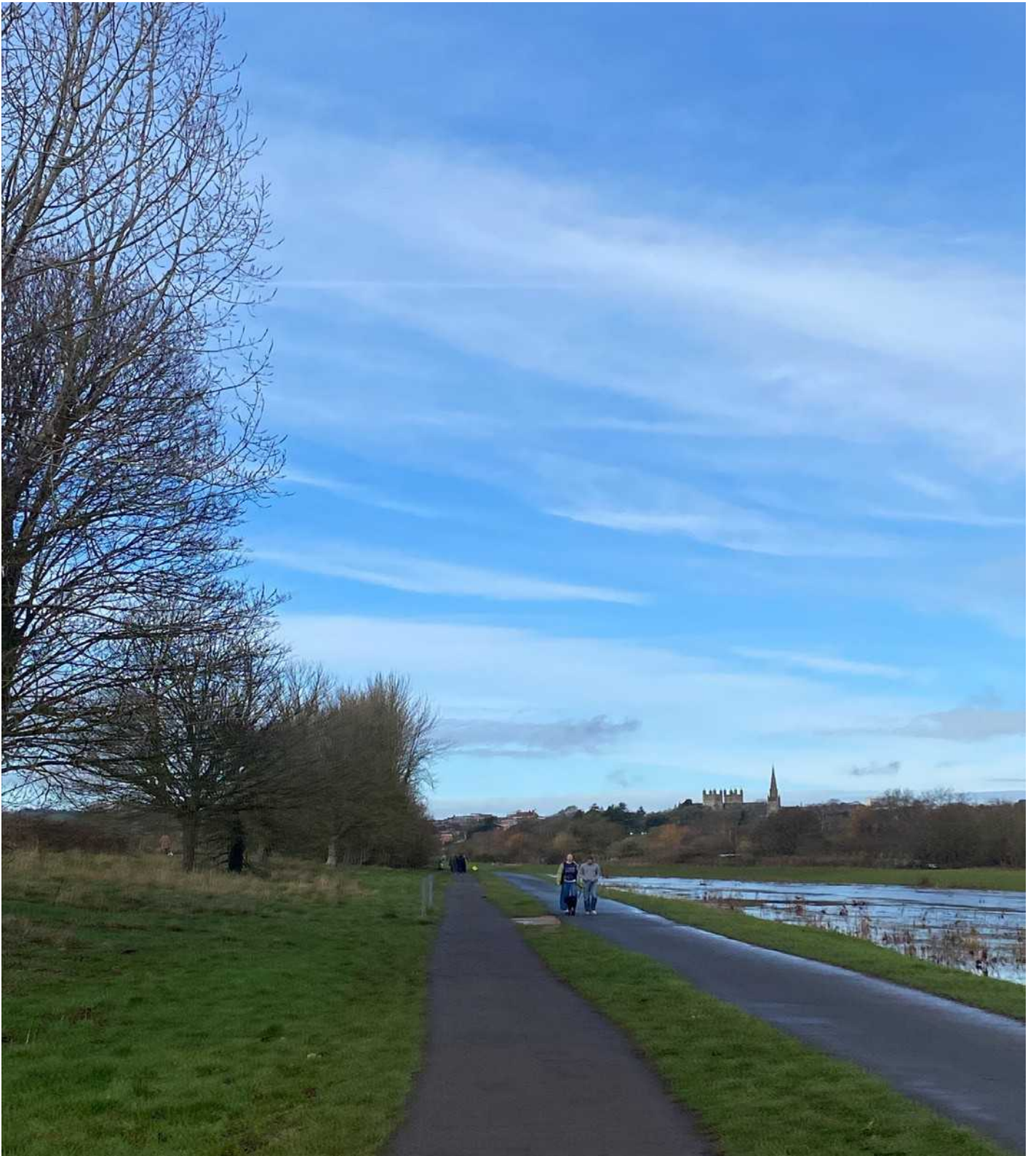
I feel this could all broadly summarised as "I wish there was more publication so I can understand it's not normal". Maybe I'm being insensitive and that this isn't a purely gendered problem, but I can only speak to my own experience where my parents put more pressure for me to perform well rather than my sisters.



Talking about mental health and engaging in mental health research can feel quite clinical and overwhelming. Involving some form of nature-based activity or physical activity rather than being sat in a room discussing mental health could help to engage more men in mental health research.



First ever purchase made from my part time job, some films/games have always had a strong sense of morality and clarity and their messages that are easily conveyed across to a large audience to shape their opinions. Spending a lot of time thinking about why researching the topic of mental health could be difficult has brought me to two broad conclusions: the societal norm for men not to engage due to perceived weakness or ignorance and an individual's willingness to step out of their comfort zones to try something new. Creating effective forms of media to shape public opinion is by no means an easy task but I feel it is a plausible method of effectively solving the underlying problems in this research space.



For me, I see the blue skies as optimism and hope. Making young men realise the hope and benefits to others' lives that can come from participating in men's mental health research could make it more interesting to engage with. This could range from personal stories, asking for internal reflections about the benefits of the research, or appealing to the wider societal benefit of helpful your community.



The picture of this narrow path reminded me how sometimes I've felt like I was suffocating and alone when struggling with my mental health. With my own experiences, I have considered attending therapy/counselling but decided against it as I feared judgement and felt that it wouldn't do anything and that I wouldn't be properly understood. Part of it comes from my hesitation and fear of judgement comes from internalised toxic masculinity, thinking that I need to appear strong and put up a front around others. I think a lot of men don't recognise how pervasive that toxic masculinity is to mental health as the stereotypical 'masculinity' doesn't allow for true expression of emotions and struggles with men which leads to internalising and isolating these emotions to themselves.



The arts are a wonderful way to express oneself, whether it'd be painting, music or crafts. No matter how abstract or realistic, it can be a very potent outlet for one to express themselves in a way that words cannot and that is personal to them. Perhaps future interventions and research could incorporate different means of expression rather than using just words so that men can express themselves a bit better (just like photovoice!).



Despite the murky water and grey sky, I found this image to be particularly beautiful. I think it well represents men's interaction with mental health research. Due to the nature of work relating to mental health there are always going to be aspects of it and particular topics that are tricky to address and highly emotionally taxing. It is important this is made transparent but in order to gain interest it could be useful to have some role model type figures such as celebrity or inspirational figures being public with their participation in research - ideally highlighting the relevance to men of all different backgrounds and walks of life.



Seeing this very simple graffiti honestly put a smile on my face. I think the beauty of simplicity and recognition can be so effective. The sentence “You’re doing great” (even when spelt wrongly) can be so uplifting and be just what’s needed for some young men. Having that sense of community and social support can help men feel understood and perhaps this could make research/ interventions more engaging.



Advertise research in locations that are very male dominated - like a pub or a football stadium.



Advertise research opportunities before/ during a football match, as a large portion of men will be watching.



Partner with sporting events and have the study fit around the time and theming of tournaments.



Research can feel static and tiring, but can be as dynamic and engaging as a workout. By focusing on active engagement and real questions rather than a long seminar, there would be more value seen in it.



Seeing this smiley face every time I enter my building makes me think about the polite smiles you give one another, a small signal to show politeness but no real connection or conversation. If research can provide a place for openness and real conversation I think it would keep men interested in the research giving them social interaction they may seek.



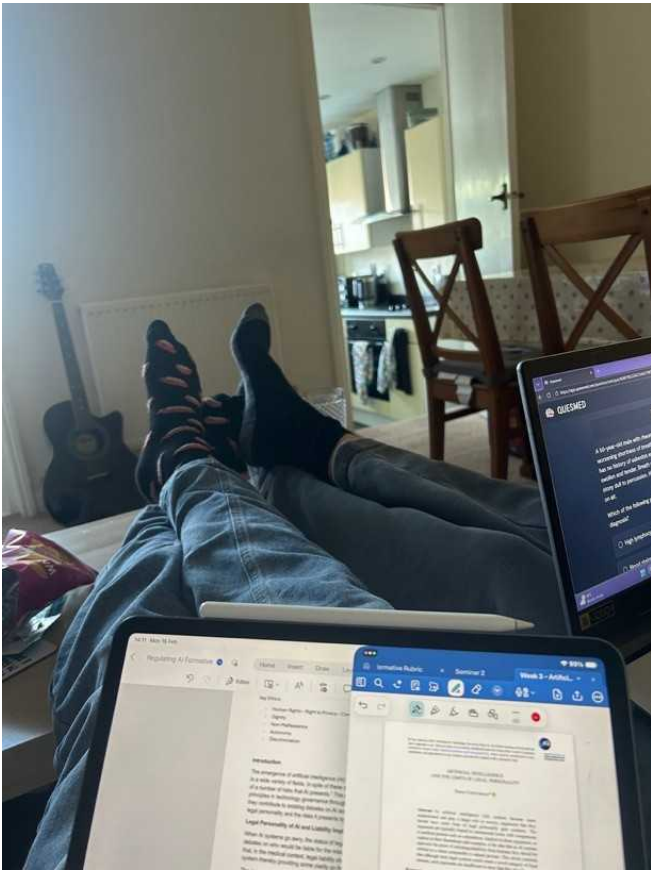
Taking a time out from a social and having a guy come up and check on me, made me realise how far men's mental health has come allowing guys to check up on one another unlike ever before, without worry of judgement. I think men's mental health needs to keep championing openness and making sure everyone is good. So, no-one thinks their alone.



Staring up at the moon has made me think about things being seen as a whole, and how men's mental health often is presented as one big amorphous thing. When I feel it is a very layered issue, and whilst someone's mental state may be life threatening, there are many who are just sad or lonely, not to a life-threatening state, but just a lower quality of life. So, needs attention on the variety of cases.



This view makes me think about the sun setting on today but knowing that the sun will always rise again tomorrow. If you ever think it's too late to be open or take part, don't. There will always be another opportunity tomorrow, and I think men should realise that this work is always going to be here developing and it's never too late to get involved.



This picture is my current student house and is the first time I lived with other students who I consider friends. I only had this opportunity because I previously has sought help. If more men could see the benefit of mental health research as a means of improving men's mental health services, it may encourage them to engage with research.



This is probably the 'manliest' thing I own and even though it seems like it doesn't belong with me it is something I know I may need. This represents that the reverse is also the case and that a seeking help might not seem manly, if it is needed, someone should engage with this type of research regardless of appearance.



Everyone deals with loss at some point in their life (death, heartbreak etc.) and loss is a very difficult thing to deal with. Young men will be more engaged in things that relate to them on a personal level. for example, advertising research on the effect of loss on young men's mental health may get many more responses in a funeral centre than on a cluttered community noticeboard.



Advertise research in locations that are very male dominated - like a pub or a football stadium.



My mood can be heavily impacted by the type of music I listen to that day. If I listen to slower jazz I will be calmer, yet slower Olivia Rodrigo makes me sadder; Bruno Mars energises me and kpop helps me focus. Seeing music artists and other famous faces support mental health research would bring lots of awareness and may impact young men who want to follow their idols' leads.



I was thinking about the way you can see the tree's trunk clearly, but not its foliage. I feel like often the beginnings of things seem clear, but it's hard to see where they end. I personally find that when things are roadmapped clearly, I find it easier to buy into.



Some are taught how to shave by their fathers, while others have to figure it out for themselves and get cut in the process. Likewise, some fathers may speak candidly about their feelings and pass on introspection and emotional intelligence; but I would bet these dads are rare. A man's openness to engaging in mental health research is likely reflective of a generational attitude towards mental health as a whole.



I guess it's easier to discuss everything in a pub? Always happens to me, I ended up having deep conversations in a pub with my friends (I guess). I personally think mental health should be a more flexible topic rather than being extremely serious.



When we get a puncture it's easy to forget that our car likely still has three surviving tires remaining. I feel the discourse around mens mental health research follows a similar bias. While the reality of male suicide rates are bleak, and of course incredibly important to address, it is also important to celebrate the positive changes that mens mental health research is gradually making. Perhaps men will be more inclined to take part in mental health research when they can see the positive impact their participation in research can make.



I like to talk to people when I go out for a walk. Maybe researchers could use this as a method to collect data? Other than the “ethical” hurdles that needed to be overcome, I feel like doing something like this can provide more insights for research.

What could make taking part in mental health research feel like something a young man would want to say yes to?

Saying yes to taking part can depend on how something feels, who it involves, and whether it seems like a space you would want to step into. These images reflect what can make mental health research feel like something a young man would choose to take part in, and what might make it harder to say yes.



Today I've thought back to all the opportunities that I missed out growing up that I'll never get back simply because I believed I wasn't entitled to being happy. When I look at this image and, in the future, remember this experience as my first ever hike I think I'll always believe that this is the most beautiful picture I've ever taken. I took this image as proof that I am able to overcome my own self-hatred and that my own self-betterment is its own worthy endeavour (something I've overlooked for too long).



Destressing with coursework members. Despite only meeting them 6 months ago they've turned out to be the most reliable friends I've ever made, especially in situations outside of Uni work. Many people aren't willing to participate in any form of mental health awareness because of their socialisation in toxic masculine friendships, publicising the consequences of that long-term behaviour could lead to more people leaving those groups and becoming willing to engage in research after breaking their social norms.



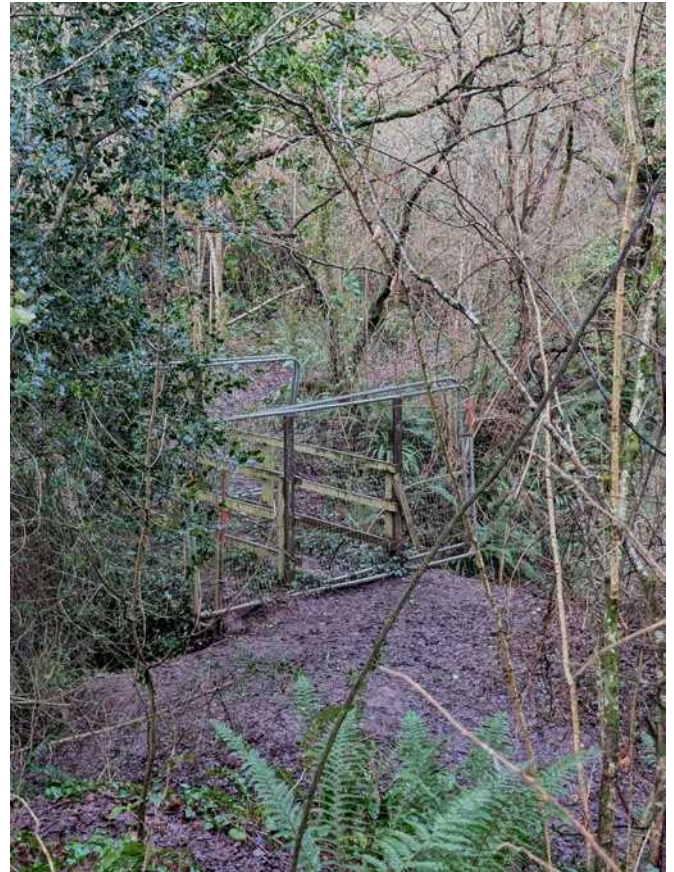
Took this while poking through my memorabilia, a merit badge from my Primary school. All my beliefs and abilities have been shaped through academia and parenting, only schooling is something that we can remotely control for most. If I had been encouraged to talk about my feelings earlier in life, I feel this would all be more natural to me and not something I'd cringe over for hours on end, as difficult as it is teaching anything to children I feel there must tangibly some way to introduce these concepts.



Realising the positive impact that men are making by participating in mental health research may not only increase the chance of them saying yes to research but also staying in research over time. This could be through personal accounts, local, institutional or government policy change that could be accomplished from their participation in research. It will give young men's sense of purpose a boost by giving it a tick.



I took this picture because it struck me how sturdy and large the door was to this building, juxtaposing the openness and free-flowing feel of the rest of the scenery. To me, this represents the blockers to men's participation in mental health research participation in quite a literal sense in that men are not saying yes to mental health research (and consequently missing out on the free-flowing conversations that stem from it) due to major barriers such as fundamental misunderstandings of what mental health research can actually achieve and how valuable every single person's participation could be.



This picture feels like it represents that path to entering mental health research for some men. The mud on the approach to the bridge represents societal structures of masculinity that for some are enough to deter interaction entirely - addressing this would involve changing fundamental beliefs of what it means to be a man and that emotional repression does not need to be a part of that identity. The fence then could represent the more overt limits to participation such as awareness of opportunities and transparency of what the research will entail.



Making sure that mental health research is relatively short and in smaller chunks, if possible, would make it easier for young men to complete research even if they have a busy schedule. Therefore, because of the shorter duration, for convenience they may be more likely to say yes.



Making it clear that there are no expectations and that the research is a safe and private space for young men to share, without worrying about conforming to “stereotypical masculinity” might encourage more young men to say yes to research. I also think having a “blank page” with other participants (not knowing them personally) could make sharing slightly easier, as there may be less shame or guilt attached, compared to sharing with friends or loved ones.



From my own experiences as well as with male peers, I have come to find that a lot of the times that when faced with mental health struggles or any other daily struggles, we almost always have felt inclined to process our emotions on our own. Personally, I've sometimes simply just walked around and look around my environment and have my thoughts to myself. While I do think that this is beneficial at times, I've had a few times where I end up overthinking a lot and stressing myself even more instead of actually talking to someone about my feelings. I feel it is imperative in mental health research that men would be in an environment where they feel safe to confide.



I think that a lot of men personally don't like being expressive or introspective right off the bat. While I think it is important that men engage with their emotions and thoughts, we should also respect men who don't always want to do that. Personally, I find something like cooking to be a great way to reset my thoughts and take my mind off things. I think creating a space where the participants/patients decide when they open up and talk about their thoughts and feelings is important, as being vulnerable should not be forced and should be done so on one's own terms.



Making men realise the long road of research that is needed to benefit men's mental health may encourage more young men to say yes, as they could feel more motivated to be a part of the solution and be a cog in the chain to make a real difference.



Advertise the study in a very male way - using masculine colours, fonts, language and imagery.



Mental health research should feel casual; A chat with a mate over a cup of coffee.



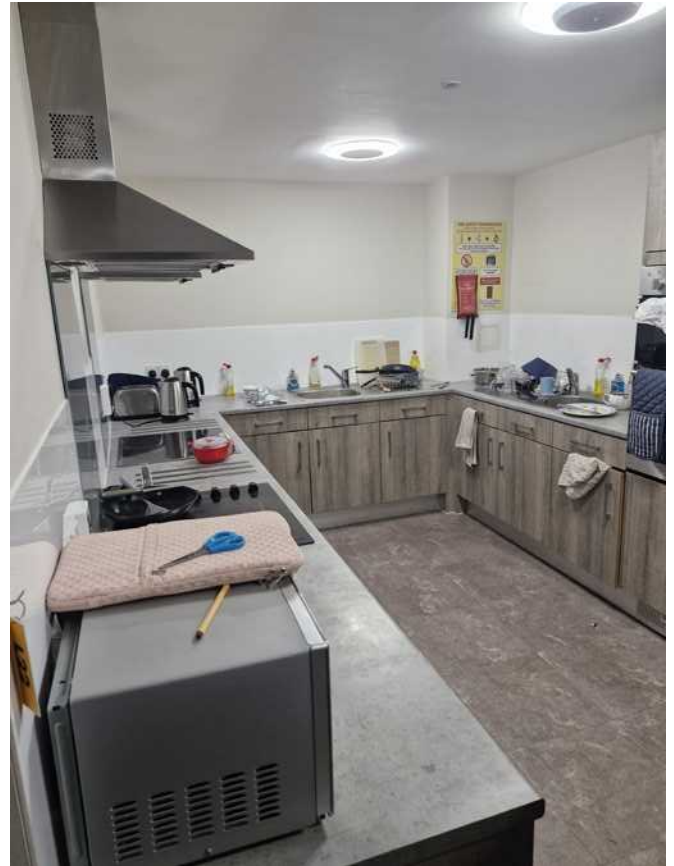
For university students, have a stand in the “forum” or equivalent for that university and have a member of the target group (I.e a young man) who looks very stereotypical masculine to promote it.



Use male idolised role models, whether that is celebrities or not (I.e body builders) to promote the research opportunities as well as be a figure head for and present at any check in sessions.



The first step in anything is always the hardest. To get started, research needs to feel something simple, like putting your shoes on in the morning, rather than a daunting task.



Standing in my kitchen I see how so many of my flatmates don't seem to care for cleanliness. No matter how much time I put in it ends up like this, I think men's mental health research needs to feel like its building something that lasts. This would make it have lasting changes not just get messy again afterwards.



My relationship with food has always been strained and strange, trying to get myself to not view food as something that must be earned. Whilst I'm extremely aware this isn't just a men's issue, I can only talk from my perspective, I think men's mental health research needs to go into many areas, with relationships to food a vital one. It impacts everyone everyday shaping how we interact and see the world.



I absolutely love horror see the story of Jason as essentially being that of a bullied kid and is only identified as a villain through his mask, yet behind that he is still someone with a common experience. When a young man takes off the mask they feel that they should keep on, they can feel able to engage actively with research.



The only times I have felt truly heard is when I write and is a method I have used in the past when engaging with mental health services. This picture is a project I am currently working on and is something I feel I will be taken seriously about. This image represents how allowing different communication styles in research may encourage more men to take part.



When young men find someone they love and care about a lot, they tend to become more self-aware and want to better themselves to be someone their partner deserves. Increasing awareness of young men's mental health to all genders (rather than just men) may increase encouragement from partners and they may be more convinced to give research a shot.



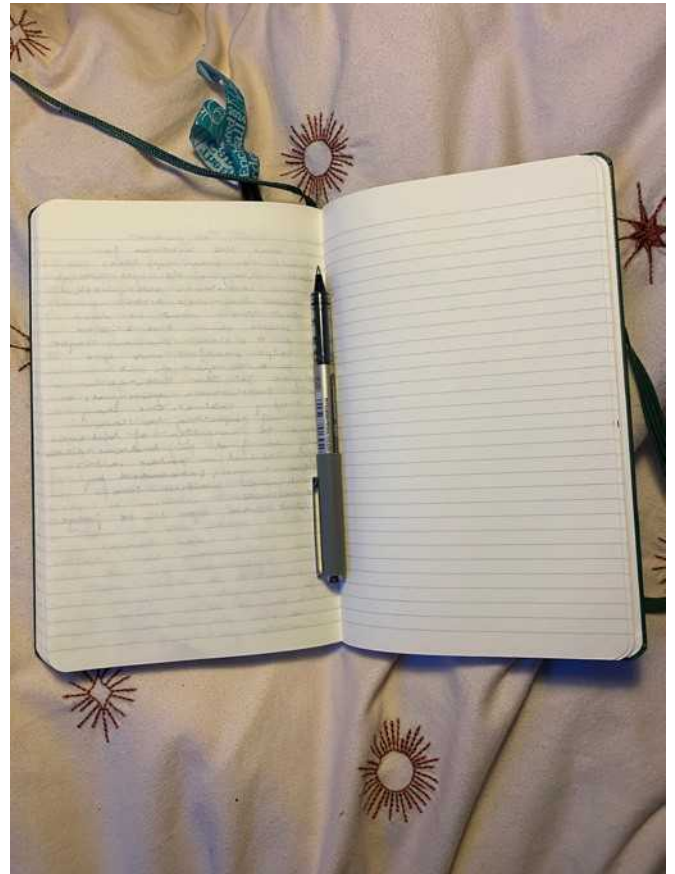
Social media influence has influenced young men into believing society does not care about them, with the combination of traditional masculine values presented by radical right-wing influencers as well as the 'feminazi' movement with its "hate all men" catchphrase (this combination most prominent in late 2022 with the attention on Andrew Tate). This has led lots of young men to believe that men's mental health does not matter, or that they should be ashamed of being interested in contributing towards research for men's mental health. Giving young men opportunities to discuss their experiences anonymously, as well as advertising in more private locations (e.g. inside of a toilet cubicle) can take a lot of the loss of dignity out of their worries, as well as reducing their fear of being exposed. As well as this, speaking about men's mental health research openly and publicly in 'masculine' environments can show young men it is, in fact, socially acceptable to want to progress this research.



Taking the first step is often the most difficult part, and it is important to remember that a little bit is better than nothing. If you have a dirty kitchen, with dirty dishes all over the place, and cleaning the entire kitchen is too much pressure and you just can't bring yourself to do it, just wash 3 dishes. If the whole task is too much, just do a little bit every now and then. Making a newsletter, and making it very easy to sign up to these can be a much easier first step to take than going straight into research participation. Showing small, clear steps can take a lot less pressure off one's mind.



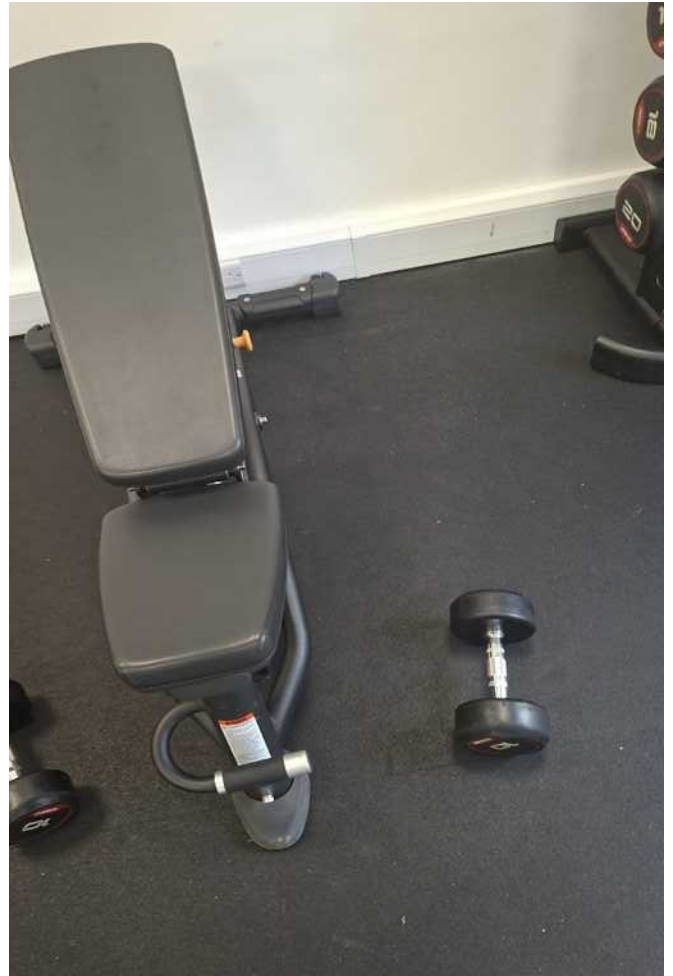
This is my resistance band, that I've been using to work on a longstanding injury. I was prescribed exercises with it from my physio, which relates to the prompt as it felt like a program that was tailored to me, for my specific needs.



A younger version of myself would probably have considered keeping a journal as emasculating. But writing has been a positive medium for expressing my thoughts and feels for several years now, and has helped me overcome much dysfunctional behaviour. I think men who regularly practise this kind of expression may be more willing to take part in mental health research because they may have better insight into what men's mental health research is lacking and are more aware of how important the issue is.



Interests? I guess I tend to talk a lot when I am doing something that I enjoy, even when I'm sad or depressed. Maybe tie in conversations about mental health or wellbeing when someone is doing their hobby works like I do? Maybe also some extra incentives like money?



Self improvement is really important, and I personally think it does somewhat improve mental health. Maybe introduce schemes like workout sessions, even though it might not be appealing to some i personally believe that it could make taking part in mental health research feel like something a young man would say yes to especially if it's free.

What would help a young man stay in
mental health research over time?

Staying involved over time can be shaped by
many different experiences along the way.
These images reflect what can help mental health
research feel like something a young man would
want to keep being part of, and what might make
it harder to stay involved.



Taken out close to Topsham, fields totally flooded as far as the eye can see. Makes me feel that despite the landscape being completely different, after enough time eventually it will return to normal. Patience and determination will eventually reward the effort.



I think everyone likes animals, especially cats. Animals are already used in therapy anyways, we should provide participants in research with animals like cats to reduce anxiety during the process, maybe this could potentially make it slightly more comfortable and relaxing and slightly change the tone of the research?



Wednesdays have recently become board game nights. Playing with friends and friends of friends who I don't know so well has unexpectedly created sense of community that I look forward to every week. Maybe promoting a similar feeling of community in mental health research among men may make their engagement in research more enjoyable or longer-standing.



For a lot of men, engaging in mental health research may feel as incongruent and unfamiliar as this squirrel on the roof of a three-storey terrace. I can imagine it took a fair bit of courage for this squirrel to get up there. Likewise I think mental health research needs to nurture that same courage in men to engage them in work that may benefit themselves and other young men.



My first erg (rowing machine) screen after my injury which put this year's season on hold for me. I'm not all better yet, but consistently working on it is allowing me to eventually return to where I was.



A tree stump that I tripped over in the dark. Reminded me that even though that something is mostly gone, you can't leave a job half-finished. A motivator to keep at an issue, because it can always come back to bite you later.



Many young men rely very heavily on unhealthy coping mechanisms which turn into addictions, such as alcohol, drugs, and gambling. Similar to the donor fatigue issue with charity donors, people are more likely to continue participation in mental health research if they can see the positive impacts their contributions produce; if they are unsatisfied with the results, they will believe they are wasting their time and effort and leave.



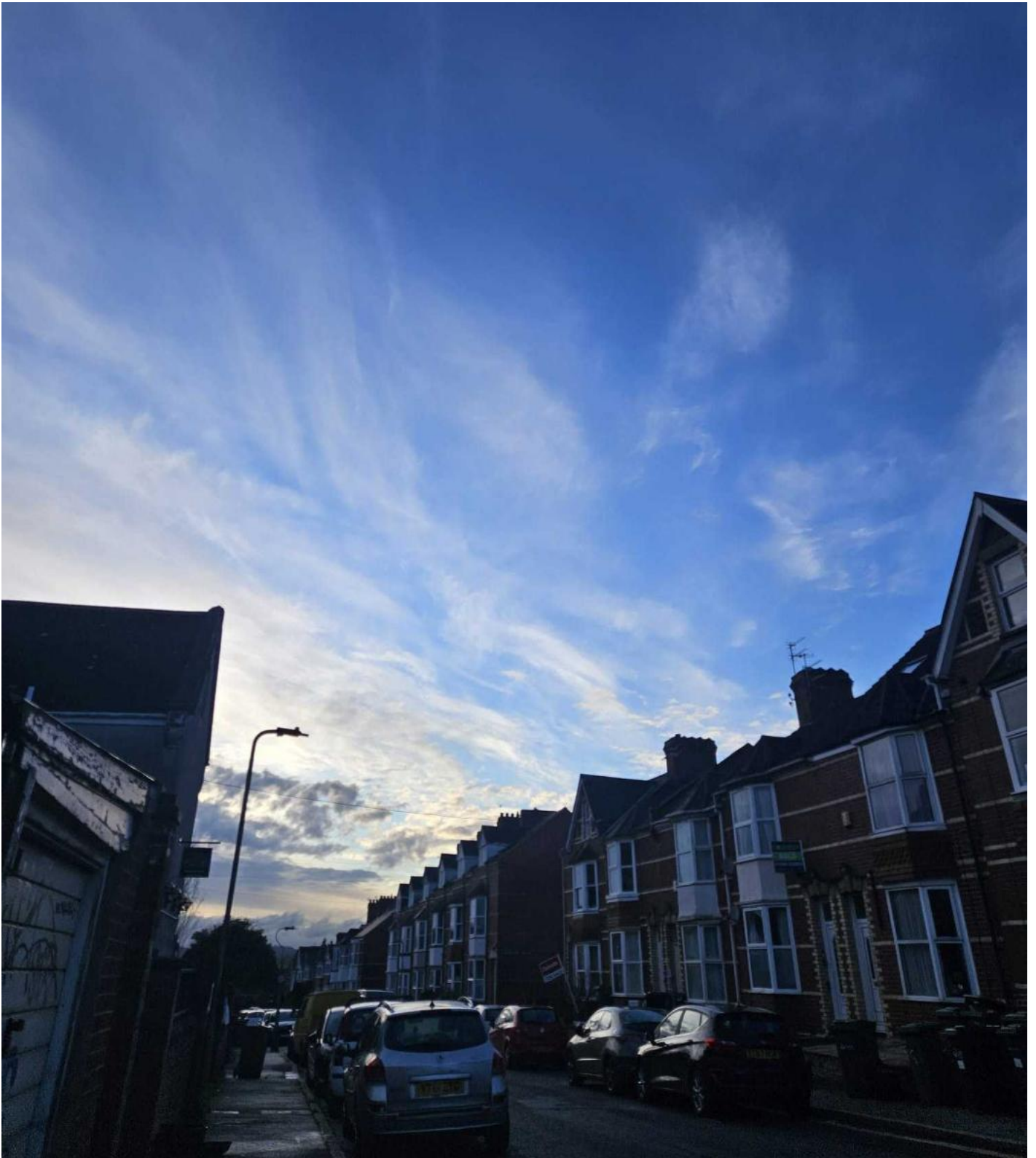
I took this picture with a group of friends and is a setting where I could talk openly with people close to me. Sitting outside with my friends is where we most felt comfortable to talk to each other. It represents a place where a young man may feel that they are having a natural conversation and taken seriously, thereby encouraging retention.



Some people like a clear guidance and a goal. That would help me stay in research. Even if there are diverging paths, the knowledge of how far you are from the end is reassuring.



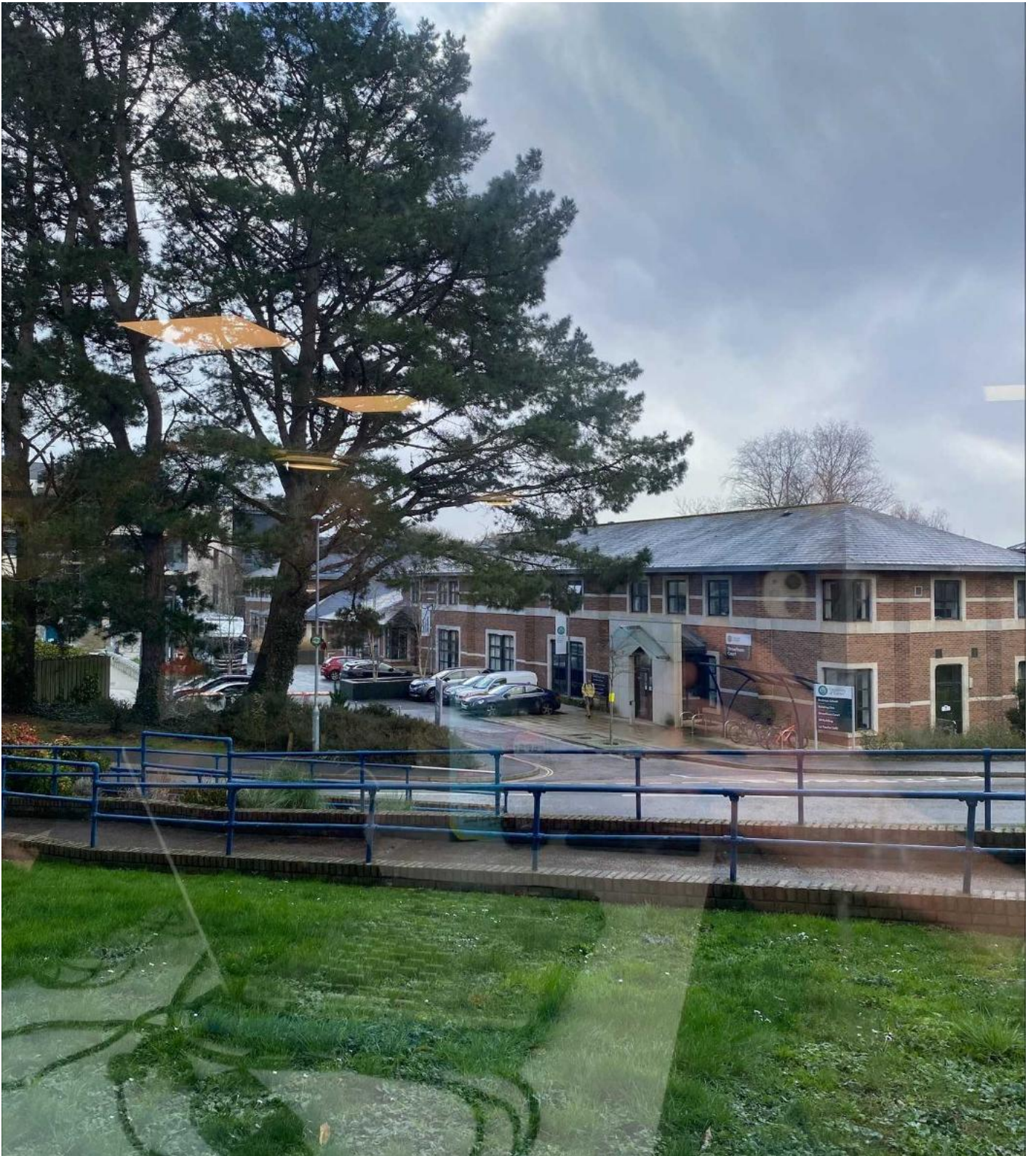
Hold follow up meetings in “cool” areas that people wouldn’t normally be able to access - like football stadiums, as they will want to revisit. Also at places like pubs where men would feel comfortable being anyway.



The blue sky made me think of the brighter days ahead and how even if I'm struggling, there will be better days ahead. I think perhaps what young men struggle to grasp is that healing can take a long time and get frustrated for feeling strong emotions. I believe that it would be useful to educate that there is no need to feel shame for feeling strong emotions when were struggling, and that in research/interventions, it may seem like it isn't working but it is a long process after all.



I took this picture as someone who immigrated to the UK with my family once I started University, I faced a lot of mental health struggle regarding fitting into a completely new culture and I definitely struggled making friends early into University which fed into a lot of feelings of loneliness and isolation. I've felt that a lot of my mental health crisis has a lot to do with my self-identity and worth which perhaps could be a point in which young men struggle a lot with too but do not know how to cope with properly. Perhaps an under looked or misunderstood aspect of mental health in general and not just with young men is the experience of immigrants and perhaps how their situation is more complex and require more of a case-by-case analysis rather than simply following diagnostics.



The window offers a little bit of reflection. I think to engage young men with mental health research over time, getting them to reflect internally about why they believe this research is important could be very beneficial. Each individual will have a different motivation for participating, so getting them to find their personal drive could improve the chances of them participating in more research.



This photo represents the need to create a safe space in a frankly daunting environment. Much how the rainbow has the ability to alleviate the threat of even the darkest sky, it is essential to engagement and maintenance of men in mental health research for the spaces to feel inviting and safe. This could be achieved through social events or non-task-relevant activities that help participants feel at ease in the space and potential even enjoy being there.



I took this picture because there is something beautifully sad about seeing an upturned tree - although it is a loss that it has fallen it is also fascinating to see its underside, how large the sprawling the roots are and the other hidden intricacies previously upholding such impressive structures. To me this insight into what's happening beneath the surface - and how infrequently we get to admire it - speaks to the lack of introspection among men, particularly young men. I think getting young men interested in mental health research requires a broader interest or awareness in their own mental processes - in my experience this is not something that many young men gain until later in life (if at all). To help take steps towards this it would be good to encourage introspection from a younger age, making reflection on emotions normalised through schooling as well as including as an essential step within the 'telling off' process earlier in life. In relation to the men who missed out on this chance earlier in life, gentle introductions to considering their feelings through reflection tasks could result in a natural interest in mental health work developing.



Took this from the top floor of the physics department during a day where me and a friend explored the university. I put this off for over a term because I was scared and embarrassed to try alone. George and David in the first workshop allowed us to get off topic for a short while and that allowed me to get along well with someone I'd never met, I think its only because of the feeling of familiarity outside of what was discussed that made me willing to participate and come back.

This project has meant a great deal to the team involved.

These short reflections share how the process felt from our perspective, and what stayed with us through the images and the conversations that followed them.

David Francis Hunt (Project Lead)



This project spoke to the heart of why I do research. I care deeply about how we support young men, both academically and personally. It matters, and we need to do better.

With any project, you never know how it will unfold, or how much participants will be willing to share. The courage, honesty, and insight shown by these young men left me with tears in my eyes more than once.

I hope we can do justice to what they have given here and build on the foundations they have created. Seeing the world through their photographs reminded me how much we miss when we assume young men are not interested, rather than asking how we can make space for them to belong.

George Mycock



Being involved in this project and learning from these 12 young men has been nothing short of a privilege. These photos and captions not only provide actionable advice from young men's perspectives, but speak to a wider message of diversity of experience and a hope for change.

Discussing these photos alongside the young men who took them is an experience I won't forget. Their vulnerability is admirable, and I hope we can all do that justice as we look to support and engage young men in the future.

I deeply believe in the concept "nothing about us, without us" and this project is a shining example of what can be achieved when centring young men's voices.

Nicki Pierce



Being part of this project reminded me how powerful it can be when young men are given the space to express themselves in ways that feel natural to them. Their images revealed layers of thought, care, and awareness that are so often overlooked. I feel privileged to have witnessed how they chose to tell their own stories.

Steph Scott



It has been a privilege to be a small part in this project. It beautifully illustrates the power that creativity in methods can have in widening participation in research that matters and in amplifying voices that are rarely heard. In the noisy world we live in, this is more important than ever. I look forward to where this research takes us next.

Tobit Emmens



This project has reminded me how open young men are about their mental health when they feel heard and safe. In this project, it was clear that sharing personal and meaningful insights was grounded in trust that they would be listened to. I loved how so many of the photos were of everyday and mundane things and how these things could be used to convey so much. This project has given me a lot of hope, and it was a real privilege to be part of it.

Matt Young



I'm new to the research world and working with the team on this project has really enabled me to make better sense of the work that I do with men 'on the ground'. Being involved in this project has been eye-opening and inspiring. Given the opportunity, it seems young men are willing to talk about their mental health struggles. Better still, when we meet them where they are and encourage them to share, this is the amazing array of photos that came from it. It really enabled them to connect with each other and the rest of the team through this method and produce such a visual and tactile piece of learning.

Josh Horley



The young men that took part in the project were incredibly inspiring individuals. Their honest, personal and raw responses to the task given to them demonstrated how much young men are willing to give us when given the opportunity and not being restricted by what society expects of them. The future is bright if more young men can be encouraged to do the same.

The photographs in this book were part of the project itself. We used them as springboards for young men to talk through their images with each other, to think about what better engagement with young men could look like, and what we should do about it. Many of them had not known each other before the project, yet the process led to conversations that they said they would not usually have.

Several spoke about how the process itself made them feel seen, listened to, and taken seriously. They talked about feeling that their views mattered, not because we interpreted them, but because they were able to speak in their own words, on their own terms.

And it did not stop there. Some went on to talk to friends about why this project mattered, when before they might have stayed quiet. Others tried activities they would normally have avoided. Many turned up to the event. They showed up. They took part. They advocated for why this work matters. So the question is — who is getting it wrong?

Is it young men who need to change, or is it the way we receive them? That is a question all of us should be willing to sit with.



Credits

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Photographs and captions provided by 12 young men who took part in the research and consented for these to be used for dissemination.

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