

MODELS OF DIVERSITY

01.02.2023

2023 calendar launched in aid of Male Mental Health awareness

75% of all UK suicides are male, and three times as many men as women die by suicide. It's time to start taking mens mental health seriously.

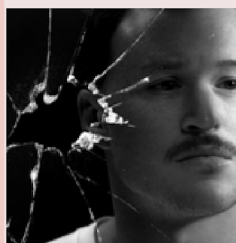
That's why Models of Diversity has collaborated with photographer Amanda Akokhia on a charity calendar to raise awareness of issues surrounding expectations of men and the effect this has on their mental health.

The calendar was sponsored by CC Scaffolding LTD, Solicitor Taylor Rose MW, and mental health advocate and producer Lynn Crilly.

The money raised from the calendar will be put towards workshops held by MoD for individuals with disabilities and mental health issues.

CEO of Models of Diversity, Angel Sinclair, said: "We want to use this platform to change the conversation and challenge the outdated stereotypes that stop men speaking out about their mental health"

Photo credits:
@Amandaakokhiaphotography



The calendar features 13 men who have all struggled with or advocated for mens mental health in their own way.

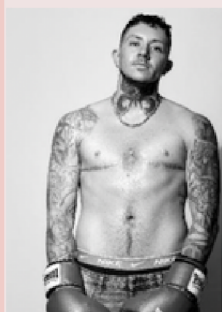
Josh Landmann

Team GB Paralympic skier and triathlete



Adam Pearson

Actor, presenter, and inclusion campaigner



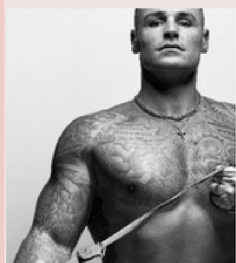
Jaxon Feeley

Educator in the HMRC prison system



Emmanuel Lawrence

Mental Health Nurse



James Sutliff

Influencer + disability advocate



Scott McGlynn

Author, influencer and LGBT activist

Jason Archdale

Motivational speaker



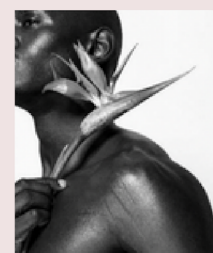
Hassan Reece

Model + owner of DAM models



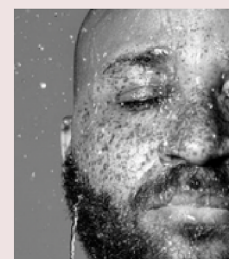
Shane Sandiford

Mental Health worker



Jacob Kelly

Influencer + ADHD campaigner



Champ Imi

Model and mental health advocate



Mark Sproston

The Shave Doctor and victim of bullying



Michael Wallace

Co-founder and director of Kickoff@3



AMBASSADOR SPOTLIGHT: YASMIN TAYLOR

Yasmin Taylor was diagnosed with a hair loss condition called Alopecia at 15-years-old, and by 19, she had lost all of her hair. Now, she helps women feel comfortable in their skin, no matter what society says. I got the opportunity to speak to Yasmin, here's what she said!

Q: "When did you finally feel comfortable enough to stop wearing your wig?"

A: I went travelling with my friends in Australia when I was 24, and I just felt jealous watching my friends jump into the sea while I watched from the shore. I was getting sick of hiding myself away, and my friend convinced me to take it off. I sometimes get stares, but I haven't looked back at all and feel more like me now."

Q: Did you do something in particular to make you feel more confident as a bald woman?

A: "It just came as I took the wig off- I was being more authentically me. Sharing my journey has helped too. If even one person has seen my account and it helps them then it's all worth it."

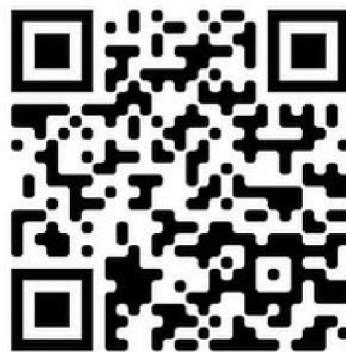
Q: What would be your advice for people who maybe feel uncomfortable or insecure with how they look?

A: "You need to stay true to you and do what makes you happy. Other people's influence will only stop you doing what you want to do. If you look different to other people, you should embrace that and not be held back. It's important to love yourself."



Yasmin now uses her baldness to help her stand out as a model. There is still a long way to go in terms of brand inclusivity, but she's glad things are slowly changing.

She has modelled for Gym Shark, House of Fraser, In A Sea Shell, and has been featured in Shuba Magazine! You can follow her on insta here! @yasmintaylor5



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the 2023
calendar!**