

**Conclusion:** There are factors related to internal stigma, societal stigma and barriers accessing support. Practitioners must better meet the needs of underserved populations, as ways to reduce stigma, raise mental health awareness and help the community access support are suggested.

**Results**

Reflexive thematic analysis shows six themes:

Different understanding of mental health

Cultural expectations

Fear and loss

Coping resources

Barriers to access

Community outreach and collaboration.

**Method**

12 British-Bangladeshi Muslim men in London were recruited, aged between 22-59, experiencing symptoms of anxiety and/or depression but not accessing formal support.

Following an online screening questionnaire, individual video interviews were completed, with ethical approval from Royal Holloway, University of London.

**Background**

There are mental health needs for Bangladeshi men. This population is less represented within UK mental health services.

**Aim**

To qualitatively explore stigma and help-seeking for mental health difficulties, within British-Bangladeshi Muslim men.

**British-Bangladeshi Muslim Men:**

**Removing barriers to mental health support and effectively supporting our community.**

*London, United Kingdom*