**Thematic Map**

***Exploring stigma and help-seeking for mental health difficulties in British Muslim Bangladeshi men***

Different understanding of mental distress

Priority of PH compared to MH

Emotional literacy

Supernatural narrative

Strong males

Traditional cultural expectations

Generational differences

Family first

Male role models

Connected head of the family

Fear and loss

Shame

Self-worth

Judgement

Isolation & Loneliness

Keeping problems to yourself

Coping resources

Spiritual solutions

Role of religion

Keeping problems within the home

Barriers to access

Trust & Confidentiality

Lack of awareness & understanding

Language / Literacy

Diversity of professionals

Negative experiences of help

Community outreach and collaboration

Community outreach & grassroots co-production

Structure of services & accessibility

Link between religion & mental health