

# MEN'S HEALTH WEEK 2020

MONDAY 15 JUNE - SUNDAY 21 JUNE

Men and boys are vital members of our homes, workplaces, schools and broader communities.

While men and women share many of the same health challenges, there are also risk factors and health concerns that are unique to the male population.

Whether we are men or women, we all have a role in supporting the health and wellbeing of men in our families, workplaces and communities.

We can start by looking out for our fathers, brothers, husbands, sons, mates and colleagues. We should talk about both physical and mental ill-health, as removing stigma is an essential first step.

Talk to your mates and don't be afraid to have tough conversations if it looks like someone you know is struggling.

If you yourself are struggling, get help – talk to someone you trust, go to a GP or speak to a counsellor. Access OzHelp services through your workplace, or find out more about what we provide.

**By improving the health and wellbeing of Australia's men and boys of all ages, and from all walks of life, we can ensure a healthier, happier and stronger society in the future.**



## Useful Links:

Find out more about Men's Health Week and Men's health issues:

[ozhelp.org.au/menshealth](https://ozhelp.org.au/menshealth)

[menshealthweek.org.au](https://menshealthweek.org.au)

**Movember** - [movember.com](https://movember.com)

**Mensline** - [mensline.org.au](https://mensline.org.au)

**Health Direct** - [healthdirect.gov.au/mens-health](https://healthdirect.gov.au/mens-health)

**Healthy Male** - [healthymale.org.au](https://healthymale.org.au)



## Having a tough time? There is help.

**OzHelp:** 1300 694 357 (Mon-Fri, 9am - 5pm)

**Lifeline:** 13 11 14 (24/7)

**Beyond Blue:** 1300 224 636

**Mensline:** 1300 789 978

## Some facts to know:



Australian men have a lower life expectancy than Australian women.

Suicide is the leading cause of death for men under the age of 45, and a leading cause of death in other age groups.



Men have significantly higher rates of workplace injury and accident than women.

1 in 8 men experience depression and 1 in 5 men experience an anxiety condition in their lifetime.



Men have typically lower rates of help seeking behaviour than women.

Indigenous men, men in rural communities and men in high risk communities and industries have increased rates of physical and mental ill health.



1300 694 357



[ozhelp.org.au](https://ozhelp.org.au)



[info@ozhelp.org.au](mailto:info@ozhelp.org.au)