

# MEN'S HEALTH WEEK 2021

**OZHELP**  
Health & Wellbeing at Work

MONDAY 13 JUNE - SUNDAY 19 JUNE

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

While men and women share many of the same health challenges, there are specific 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 connecting with our fathers, brothers, husbands, sons, mates and colleagues. We should talk about both physical and mental health, as removing stigma is an essential first step.

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

If you yourself are struggling, reach-out for help and talk to someone you trust. Visit your GP can be a good place to start. You can also access OzHelp's services, 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 for all.



## Useful Links:

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

**Australian Men's Health Forum** - [www.amhf.org.au](http://www.amhf.org.au)

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

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

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

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

**Men's Health Downunder** - [www.menshealthdownunder.com.au](http://www.menshealthdownunder.com.au)



## Having a tough time? There is help.

**OzHelp:** 1300 694 357 (24/7)

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

**Beyond Blue:** 1300 224 636

**Mensline:** 1300 789 978



Australian men have a lower life expectancy than Australian women, by 4.2 years.

75% of those who take their own life are male, and suicide is the leading cause of death for men under the age of 55.



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 industries have increased rates of physical and mental ill health.



References: Australian Bureau of Statistics. (2008). National Survey of Mental Health and Wellbeing: Summary of Results 2007 (No. 4326.0), Australian Institute of Health and Welfare. (2020). Australia's health 2020: in brief (No. AUS 232), Australian Institute of Health and Welfare. (2020). Deaths in Australia (No. PHE 229), Australian Institute of Health and Welfare. (2019). The health of Australia's males (No. PHE 239), Safe Work Australia. (2020). Work-related injury fatalities – Key WHS statistics Australia 2020. <https://www.safeworkaustralia.gov.au/book/work-related-injury-fatalities-key-whs-statistics-australia-2020>. Lifeline Australia <https://www.lifeline.org.au/resources/data-and-statistics/>.



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