

THINGS YOU CAN DO DURING MEN'S HEALTH WEEK

14-20 JUNE

SHARE

a positive message about men in your life on your social media and tag **#Menshealthweek**



HOST

a community event



GET IN TOUCH

with your 3 best mates to avoid social isolation

ASK FOR HELP!

If you need help, check out these resources:



headtohealth.gov.au/supporting-yourself/support-for/men



MensLine Australia (online counselling and forum for men)
1300 78 99 78



Dads In Distress (peer support for separated dads)
1300 853 437



SANE Australia (people living with a mental illness)
1800 187 263 or chat online at sane.org



menshealthweek.org.au

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