



# ARE YOU REACHING MEN?

MALE SUICIDE  
PREVENTION TRAINING



# WHY GENDER MATTERS

**3 IN 4 SUICIDES ARE MEN, YET OUR RESEARCH FINDS THAT UP TO 4 IN 5 PEOPLE WHO ACCESS SUICIDE PREVENTION SERVICES ARE FEMALE. AS A SECTOR, WE NEED TO GET BETTER AT REACHING MEN.**

The National Suicide Prevention Strategy calls for tailored training for populations disproportionately impacted by suicide. Unlike most suicide prevention training, Reaching Men focuses entirely on the benefits of taking a gendered approach to suicide prevention.

While every suicide is individual and unique, there are gendered patterns in the pathways that can lead men and women to suicide.

Deepening our understanding of the role that sex differences, gender norms and masculinity play in suicide risk, can help us become more effective at reaching and engaging with men.

Clearly, there is no one-size-fits-all approach to male suicide prevention. There are differences between groups of men, as well as differences within individual men that need to be considered.

In developing Reaching Men, we have drawn on the cumulative knowledge and wisdom of the men's health sector, which has a long history of engaging with men and boys in all their diversity. Reaching Men makes that knowledge accessible to anyone wishing to build their capacity to work with men.



## ABOUT REACHING MEN

**REACHING MEN IS A SPECIALIST WORKSHOP ON MALE SUICIDE PREVENTION DEVELOPED AND DELIVERED BY THE AUSTRALIAN MEN'S HEALTH FORUM. REACHING MEN WILL HELP YOU TO:**

- Expand your understanding of male suicide
- Explore the principles of male-friendly services
- Strengthen your capacity to engage with men at risk of suicide
- Reflect on the changes we can make as a sector to prevent male suicide
- Make a plan to apply your learning after the workshop

### WHAT TO EXPECT

- Supportive learning environment
- Group setting
- Interactive sessions
- Experienced facilitators
- 3 to 4 hours long

### WHO SHOULD ATTEND?

- Community Workers
- Social Workers
- Healthcare Professionals
- Volunteers and Peer Workers
- People working with men at risk



## WHAT PARTICIPANTS SAY

*"I valued the specific focus on men and left with some great resources."*

*"Great tips that I will be putting into action with my male clients."*

*"Really appreciated the gendered approach to suicide prevention."*

*"Impactful training, loved the interactive elements."*

*"Gave me greater confidence to work with men at risk of suicide."*



### REACHING MEN

To find out more about hosting a Reaching Men male suicide prevention workshop in your community or workplace, contact AMHF today:

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