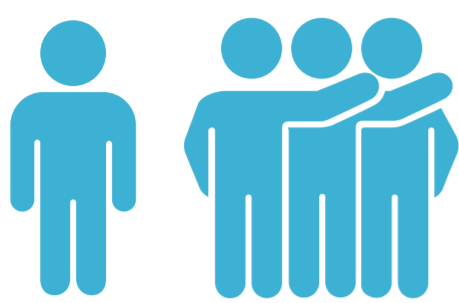
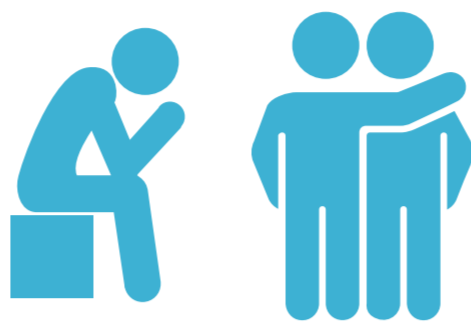


MATESHIP + MEN'S HEALTH



1 in 4

Men have no good mates



1 in 3

Men experience loneliness



MATES

Men with mates live longer lives

No Mates
=
Poor Health



As bad as 15
smokes a day



Bad for your
heart health



Increases risk of
male suicide



Mateship
Keeps Men
Healthy



Stay in contact
with old mates



Take action and
meet new mates



Build strong
bonds with your
mates

Learning to help a mate
doing it tough can save lives

A

Ask + Listen



B

Build a Plan



C

Connect to Help

