

MEN'S MENTAL HEALTH



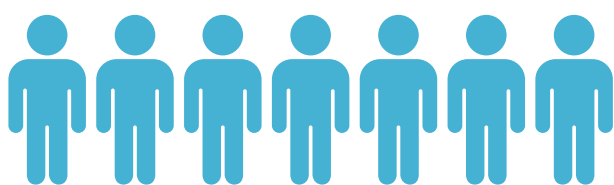
KYMF
#KnowYourManFacts

Key facts everyone should know about men's **mental** health



#1

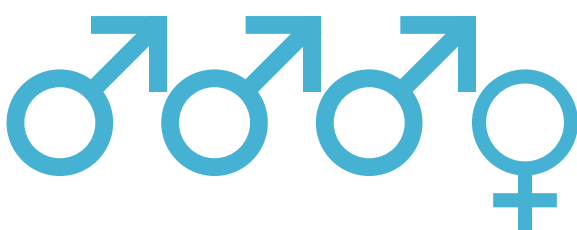
Suicide is the leading
killer of men under
55 in Australia



Suicide kills

7

Australian men a day



3 in **4**

suicides
are
men

4 Habits for Mentally Healthy Men

Healthy body

Eat well, exercise,
reduce alcohol



Healthy lifestyle

Take care of
relationships, work
life and social life



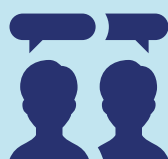
Healthy mindset

Be mindful, set goals,
reframe unhelpful
thoughts



Healthy connections

Talk with mates,
know when and
where to get help



During a Man's Lifetime



2 in 5

**will have a mental
health disorder**



1 in 3

**will have a
substance abuse
disorder**



1 in 5

**men will have an
anxiety disorder**



1 in 8

**men will have a
mood disorder
(e.g. depression)**

**Learn to ask RU OK?
It could save a mate's life.**

1.Ask



2.Listen



3.Encourage Action



4.Check in

