

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

WESTERN SYDNEY
UNIVERSITY



In partnership with

**Men's
Health
Week**