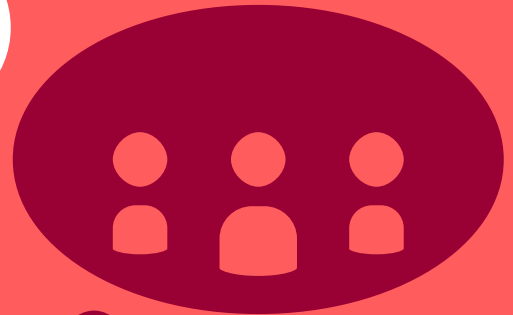


# THINGS YOU CAN DO DURING MEN'S HEALTH WEEK

15-21 JUNE

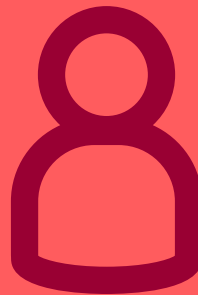
## SHARE

a positive message about men in your life on your social media and tag **#Men'shealthweek**



## HOST

an online event (e.g. virtual coffee meet)



## 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](https://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](https://sane.org)



[menshealthweek.org.au](https://menshealthweek.org.au)

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