

Men's Mental Health

Globally, on average, one man dies by suicide every minute of every day.
In Australia, 3 out of 4 suicides are by men.

NOVEMBER MARKS INTERNATIONAL MEN'S DAY AND MOVEMBER

— a time to shine a light on the problems men face when sharing how they're feeling mentally and physically. Indeed, men are far less likely than women to seek help if they're feeling down. The reasons for this can be:

- They aren't encouraged to tune into their sensitive side
- They tend to brush it off
- They face more obstacles that prevent them from opening up - like social stigmas

HOW TO SAVE A BRO

Until men feel more comfortable with talking about their mental health, we must look for signs in our friends, family or co-workers that suggest they might be feeling low. If someone you know hasn't seen themselves lately, ask yourself:

- Does he seem a bit more on edge than usual?
- Has he become quieter in a social situation or even in a group chat?
- Has he stopped wanting to come to social events altogether?
- Has he stopped turning up to sporting events or training?

If you suspect your bro is showing any of these signs, use **the ALEC model** to navigate a conversation.

ASK →

Start by mentioning the thing you've noticed that has caused concern e.g. "You've not quite seemed yourself recently. Are you okay?" Trust your instinct. Remember that "I'm fine" is a common response to this sort of question, so don't be afraid to ask twice.

LISTEN →

Give your full attention to their answer. Don't feel under pressure to know how to help them immediately, just let them know that you're all ears. Follow up with more questioning, like: "That can't be easy. How long have you felt that way?"

ENCOURAGE ACTION →

Suggest some simple action that might improve the person's wellbeing. Is he getting enough sleep, exercising enough, or eating properly? Perhaps there could be someone else he could talk to? Whether that be another friend or family member, another confidant may be able to help. If you think the feelings are particularly dark, then recommend he contact a doctor or a mental health professional.

CHECK IN →

Ensure you catch up with him soon, in person if you can. If you can't meet face-to-face, then drop him a message to show that you care. You'll also then get an indication if he's feeling better and if he requires further support.

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Beyond Blue: 1300 22 46 36

Open Arms - Veterans & Family Counselling: 1800 18 7263

Sane Australia - 1800 18 7263

Your Company's EAP Provider — Converge: 1300 687 327



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