



# Mind Your Mates

Most men like to think of themselves as being “a good mate” to their friends, but what does that actually mean today? There’s some obvious traits; never bailing on a shout and helping your mates move house.

But then there’s the biggie. The number one thing you’re meant to be able to offer your mates – support when they need it. Aussie men excel at the day to day of mateship, but often aren’t there to lend a hand when a friend is doing it tough emotionally, because they don’t know their mate needs help.

Our image of masculinity has been defined by physical toughness, self-reliance and emotional stoicism. When you have a problem, you just “deal with it”. This tendency to bottle everything up has contributed to a rise in men’s mental health issues and, alarmingly, five men taking their lives every day in Australia. So many lives tragically cut short because we’ve been taught that “real men” don’t ask for help.

But across Australia, we are starting to change this outdated view of masculinity. And the charge is being led by some of the most blokey industries, helping to knock down emotional walls to improve men’s mental health.

Harden up. Suck it up. Man up. We’ve been telling our men this for years, but is it healthy? Suicide is now the leading cause of death for Australian men aged 15-44. And alarming new research suggests that some men choose to take their own life, rather than appear weak by asking for help.

*Source: adapted from <http://manup.org.au>*

## Bring awareness to your workplace

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Mind Your Mates is a 1-hour presentation - what we call a toolbox tool - to bring awareness around mental health issues and the recognisable signs that suicide might be on someone’s mind. We need to know, we need to be real and open to someone being able to voice emotions around mental health issues. Not just men, of course, but especially men. Our trainers come to your workplace when you book a Mind Your Mates presentation.

**BRAVE**  
**BE REAL AND VOICE EMOTION**

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