

Check in

This Men's Health Week, check in on your mates and family members to support their mental health by:

Asking specific questions

Making time to listen

Showing your support

MEN'S HEALTH
WEEK 2023 June 12-18

HEALTHY HABITS

For mental health support, visit:

Lifeline: 13 11 14 or lifeline.org.au

Beyond Blue: 1300 224 636 or beyondblue.org.au

Headspace: headspace.org.au

Mensline: 1300 78 99 78 or mensline.org.au



**2023 INTERNATIONAL
MEN'S HEALTH WEEK**
#menshealthweek



**CENTRE FOR
MALE HEALTH**

