

THINGS YOU CAN DO DURING MEN'S HEALTH WEEK



13 - 19 JUNE 2022



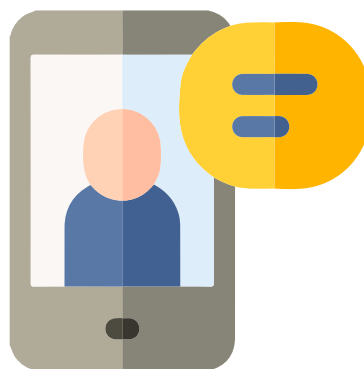
ENGAGE

Get involved in community events and volunteer for LIVIN. You could help change a life.



SHARE

Use your social channels to share a positive message about the men in your life and tag **@livinorg** and **#itaintweaktospeak** **#menshealthweek**



TOUCH BASE

Get in touch with 3 of your best mates and ask them how they are doing. A simple conversation can go a long way.



ASK FOR HELP

SUPPORT OPTIONS:

- Family and friends
- MensLine Australia (phone counselling) 1300 78 99 78
- Lifeline (crisis support) 13 11 14
- Visit your GP and ask about a Mental Health Plan and speaking to a mental health professional

#itaintweaktospeak®

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