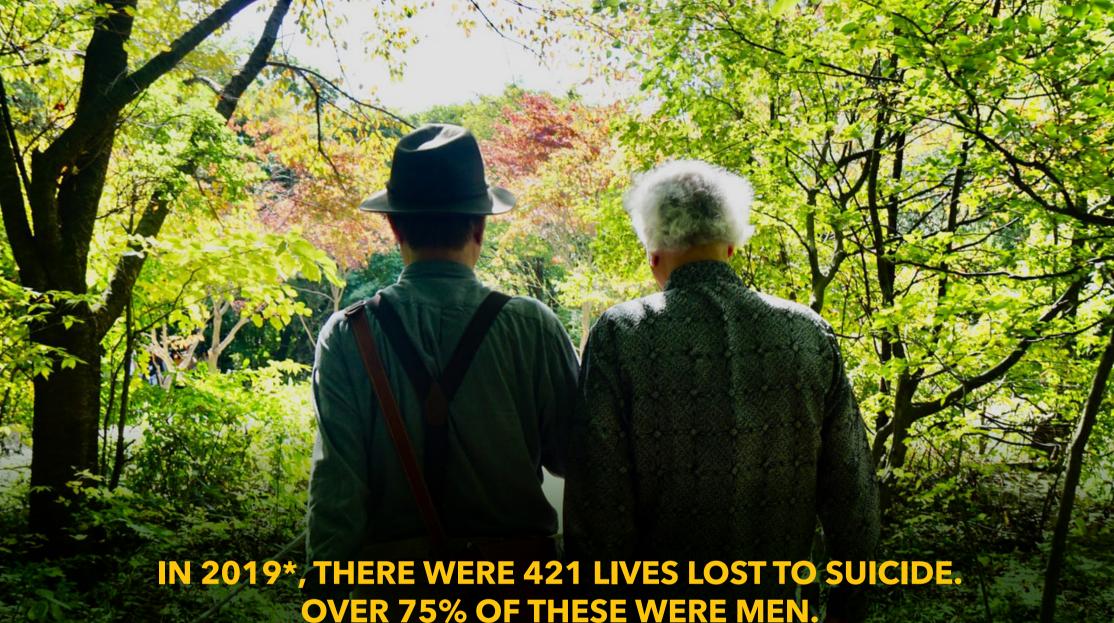
MEN'S HEALTH

LET'S CARE FOR OUR MENTAL HEALTH



OVER 75% OF THESE WERE MEN.

Behind every statistic is a dad, a brother, a husband, a son, a boyfriend, a friend, a neighbour. By speaking out about mental health struggles, and seeking help from professionals when needed, we can reduce these numbers and support those we love through difficult times.

ON THIS MEN'S HEALTH WEEK, PLEASE CHECK IN WITH THE MEN IN YOUR LIFE.

*2019 figures for deaths by suicide are provisional and do not include official and late registrations.

crisis text line

50808

free 24/7 text service

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