



Mandurah

Psychological Services



Bunbury

Psychological Services

Your EAP Team



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Men's Health Week

This week is Men's Health Week. We all know our mental health is equally as important as our physical health, however Australian men are much less likely to seek support for their mental wellbeing compared to their female counterparts.

Good health is about being the best you can be in your situation. It's important to prioritise your physical and mental health by staying connected and seeking support early if something is wrong, from a team of people who care about you and your wellbeing.

If you believe you are struggling with your mental health or wellbeing, please contact us here at Mandurah & Bunbury Psychological Services for an appointment with one of our qualified practitioners who will guide you towards better management of your mental health.

How to Look Out for Your Mates

There remains high levels of mental health difficulties amongst men. As many as 1 in 4 men will experience a mental illness in their lifetime. Suicide still disproportionately impacts Australian men, who represent about 75% of deaths by suicide.



Misconceptions, stigma, poor access and isolation can prevent men from getting the support they need. Luckily, this is slowly changing, but we need to keep having conversations that encourage the mental health and well-being of men.

Acknowledge anyone who is taking steps to feel better about themselves and improve their mental health and wellbeing.

If someone doesn't seem themselves, try to connect with them. Noticing signs can be the first step to a person getting help, and you may be the difference between them feeling alone or getting the support they need.

Show the men in your life that it's okay to talk about mental health. You can start with open conversations and checking in with people. Listen without judging, remain calm, be supportive and if needed connect the person with professional help. Conversations don't need to be formal – having a chat at the footy, over coffee or while you work can be helpful.

Actions You Can Take!

Think about what your mental well-being looks like?

Reflecting on your own mental health is important – sometimes we don't notice how tough things have gotten until they start to cause us problems. It's never too late to act.

Improve Physical Health Improve Mental Health.

Here are some key things to consider:

1. Get some regular exercise
2. Make sure you get quality sleep
3. Eat a healthy, balanced diet
4. Drink plenty of water
5. Avoid or limit harmful substances e.g. alcohol and other drugs
6. Take time to rest when you're sick or injured

Check in with your mates!

All relationships are all important to well-being. Socialise with others in a way that works for you. Catch up with friends, join a social group or even just call someone for a chat. Some people need lots of social interaction to be happy, others need less.

Get involved!

Finding enjoyment and achievement in life is crucial to our well-being. What that looks like is different for everyone, but some common examples include: Gain new skills or knowledge, pursue hobbies, sports and other interests. Set yourself realistic but aspirational goals for things to do or achieve and start taking steps towards them.



Seek help!

If you are feeling low, sad, anxious or overwhelmed much of the time, there is no shame or harm in seeking help. Consider reaching out to us, your employee assistance program (EAP) provider, get in touch with your GP, or contact one of the many helplines:

Lifeline 13 11 14 **Men's Line 1800 78 99 78**
Beyond Blue **Relationships Australia**
1300 22 4636 **1300 364 27**



Tel: 1300 22 4636
www.beyondblue.org.au



Tel: 13 11 14
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