INTERNATIONAL MEN'S DAY & MOVEMBER

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WHY MEN'S HEALTH NEEDS OUR ATTENTION MORE THAN EVER

Takeaway: International Men's Day and Movember remind us that men's health—mental, physical, and social—requires urgent, compassionate, and evidence-based action.

INTERNATIONAL MEN'S DAY: A TIME TO REFLECT, CELEBRATE & REIMAGINE MASCULINITY



International Men's Day (19 November) is an opportunity to acknowledge the realities men face today—across cultures, identities, and life stages. Research continues to show that men experience unique health challenges shaped by social norms, stigma, and help-seeking behaviours.

Recent studies highlight that:

- Men are significantly less likely to seek mental health support, even when experiencing distress (Seidler et al., 2021).
- Traditional masculine norms can discourage vulnerability, emotional expression, and help-seeking (Griffith et al., 2021).
- Positive male role modelling improves wellbeing outcomes for boys and young men (Robinson et al., 2020).

International Men's Day encourages us to celebrate men's contributions while also confronting the silent struggles many carry.

MOVEMBER: MORE THAN A MOUSTACHE

Movember began with a simple idea—grow a moustache to spark conversations about men's health. Today, it is a global movement funding research and programs for prostate cancer, testicular cancer, mental health, and suicide prevention.

Recent evidence reinforces the urgency:

- Prostate cancer remains one of the most commonly diagnosed cancers in men worldwide (Rawla, 2020).
- Testicular cancer, while highly treatable, is increasing in incidence among younger men (Znaor et al., 2022).
- Suicide rates among men remain disproportionately high, with social isolation and untreated mental health conditions as major contributors (Pirkis et al., 2021).

Movember's message is simple: early detection, open conversation, and community support save lives.



WHY THESE TWO MOMENTS BELONG TOGETHER

International Men's Day and Movember overlap for a reason—men's wellbeing is multidimensional.

- Physical health influences mental health.
- Mental health shapes relationships, identity, and daily functioning.
- Social connection protects against loneliness, depression, and suicide.

Together, these observances create a powerful narrative: men deserve spaces where they can show up authentically, seek help without stigma, and be supported by their communities.

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HOW YOU CAN GET INVOLVED?

- **Grow a Mo** — or support someone who does.
- **Start a conversation** — even small check-ins can be life-changing.
- **Book a health check** — early detection saves lives.
- **Move for Movember** — 60 km for the 60 men lost to suicide every hour globally.
- **Share your story** — vulnerability builds connection.

A MESSAGE FOR MEN

You are allowed to ask for help. You are allowed to slow down. You are allowed to feel everything you feel. You are allowed to be strong in ways that have nothing to do with silence.

This month is a reminder that your wellbeing matters—not just today, but every day.



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- Yawa - Nookal Online Bookings

Book online today at Pelican Park

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Book online today at Civic Reserve

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RESOURCES

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