

Greetings all, today we will discuss Movember

Men are dying before their time and [‘Movember’](#) is one initiative that raises money to provide groundbreaking health projects across mental health and suicide prevention, prostate cancer and testicular cancer.

Grow a Mo

Whether it is the Horsehoe, the Hungarian or the Handlebar – growing a moustache is an opportunity to raise funds, but it also a way of visually raising awareness and starting a conversation around men’s health.

To sign up, go to the [Movember website](#). Ladies, the mo the merrier, you don’t need to grow a mo, there are other ways you can take part to support the husbands, partners, sons, brothers or workmates in your lives. By being a ‘mo sista’ you may choose to [Move for Movember](#), [Host a Mo-ment](#) or [Mo your own way](#).

You’re not alone

We all have times in our lives when things do not go the way we want or plan them to, that’s a natural and normal part of life. Sometimes circumstances go beyond the usual and it’s these things that can really get on top of us, divorce, joblessness, a life-changing diagnosis, witnessing a workplace accident or smaller things accumulate until we may find ourselves feeling like we are in a pit. The important thing to know is that you are not alone. The [Movember website](#) shares some stories of men like you and me and I can guarantee that there are men you see every day who are feeling or have felt like you do at some point in their lives.

Keeping on top of it

Keeping ourselves mentally well means we need to build strong social connections and take action early when times are tough.

Stay connected. Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time for each other.

Look at ways to improve sleep, to eat well and exercise. We’ve heard it all before but there are very strong bodies of evidence that link [exercise](#), [sleep](#) and [gut health](#) to mental health.

Maybe you’re feeling ok right now but...

How do you know what to say to a mate that says ‘I can’t see things getting better’, ‘what’s the point?’. You don’t need to be an expert or a psychologist – there are some ways you can really open up the conversation. [Movember conversations](#) is a very helpful tool and [how to ask RUOK?](#) give us some excellent conversation and listening pointers, so that we don’t need to feel tongue tied or racking our brains for things to say.

You don’t have to be the sole solution or have all the answers, but being there for someone, listening and giving your time can be life-saving.

Down the track, you may find yourself in a situation where you need a bit of a listening ear. Life is all about journeying beside each other, helping to carry each other’s load.

Don’t leave it

So where do you turn if you’re feeling a bit low? Try talking to someone you trust, reach out to [Bluehats](#) or talk to an [anonymous helpline](#). In the construction sector we are really fortunate to have [Incolink’s Bluehats Suicide Prevention Initiative](#) which helps workers who are doing it tough by providing someone to talk to on site. Construction work is unique and Bluehats can be the circuit breaker, by providing support if things feel like they are getting out of control.

There is no shame in speaking up and putting up our hand to say ‘hey, not doing so well at the moment’.

Our parents and grandparents have stories of how they fought in battles, migrated, went bankrupt or built their businesses from scratch. Sure, the situations may have been different, but I bet for most of them – they can think of a time when a mate helped them out, when someone pulled them up or helped carry the load.

Be that mate. Look after each other. [Stay Safe -CICA](#)