

SILENCE IS DEADLY PROGRAM

'IT'S NOT WEAK TO SPEAK'



With increased rates of anxiety, depression and suicide across the country it is more important than ever to normalise speaking up about our mental health. We need to check in with our mates and make it known that 'it's not weak to speak'. Too many of our young guys feel alone as they hide their struggles behind a mask of 'boys don't cry', 'toughen up' and 'show no emotion'. Having no outlet to express their fears, loneliness and sadness means young guys tend to bottle things up - often leading to damaging behaviour and negative consequences for our communities.

DID YOU KNOW?

3249 Australians died by suicide in 2022.

75% of those people were male.

*Half of all young Australians are affected by suicide by the age of 25. **

Menslink's **Silence is Deadly** program aims to create a 'check-in culture' by smashing the stereotype that men shouldn't talk about their problems. The program helps to promote a positive help-seeking mindset in our young guys while providing guidance on how they can help a friend who may be struggling. Young guys will also be invited to take positive steps in their own lives, to better look after their own mental health whilst building their own resilience.

KEY INFO

WHAT IS IT? 1 hour interactive presentation.

COST? FREE for schools in the ACT and immediate surrounds.

WHO CAN ATTEND? Young guys in years 5 to 12.

WHAT DO SCHOOLS NEED TO PROVIDE? A private space with access to a screen to show videos.

BOOK NOW

Complete this form and we'll be in touch to discuss: <https://menslink.org.au/school-bookings>

"Our presenter was fantastic. So professional and built rapport with our students immediately. They learned a lot and I believe will be more willing to do mental health chats in future." **Primary School Teacher**

"The Silence is Deadly presentation was very well received by our boys. Our presenter was able to establish good rapport with the students quite quickly and our boys were engaged for the entire session." **Primary School Teacher**



QUESTIONS?

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* Causes of Death, Australia, 2022
Australian Bureau of Statistics.