

#ManUP!

Real Men Fight The Stigma

"Boys who believe that men don't cry become men who rage. Boys who learn that pain is weakness will die before they ask for help."

- Glennon Doyle

510 000 men die from suicide each year, that is one every minute. With around 78% of all suicides being male only about 36% of mental healthcare users are male. The stigma and traditional gender roles are to blame, and makes it difficult for men to reach out, or ask for help. Strength is not found in suffering alone. True strength comes from asking for help when you need it, and helping others when they need it. Lets #ManUP!

#BroUP!

Real Men Care

One friend can save a life, be that friend.

Be on the lookout for these risk factors in yourself, but also in the other men in your life. Lets #BroUP!

- *Being bullied
- * Romantic relationship break-up
- * Loss or trauma
- * Depression
- * Social isolation
- * Using alcohol or drugs
- * Ongoing stressful life situations
- * Changes in mood
- * Inability to concentrate
- * Insomnia
- * Weight gains or losses
- * Feeling hopeless or worthless

#SpeakUP!

Real Men Talk About Mental Health

If you recognize some of the above-mentioned risk factors in yourself or a friend #SpeakUP!

Help yourself by:

- Asking for help.
- Talking about your feelings.
- Keeping in touch with friends.
- Keeping active & eating well.
- Taking a break and doing something you love.

Help a friend by:

- Letting them know you are there for them.
- Keeping in touch with them by phone or message.
- Helping them get help.

Get Help Today

UP Care Line (24h) - 0800 747 747

Student Counselling Unit - studentcounselling@up.ac.za

Befrienders Emotional Support (24h) - 051 444 5000

MobieG Online (Mon - Thu @ 19h00 - 21h00) -

Whatsapp 060 047 0000

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