

MOVEMBER CHECK-IN GUIDE

This guide includes five simple ways you can check-in with a mate this Movember to promote good mental health. Every small gesture can make a big difference.

Remember: It's not always easy to spot when a mate is having a tough time.



1

CHECK IN FACE-TO-FACE

Highly recommended.
Alternative options (in order of effectiveness):

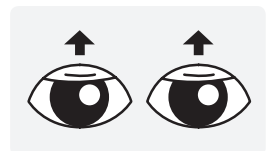
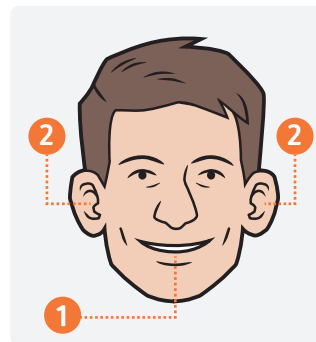
- Phone call
- Email/Letter
- Text message



2

TALK AND LISTEN

Most men come equipped with a talking device (1) and two listening devices (2).



When using these devices, keep eyelids in the upright position, mind open and judgements stowed.

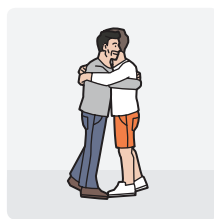
3

HUG A MATE

Steps to achieve a successful embrace:



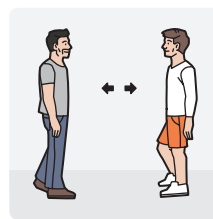
Approach



Engage



Keep arms low and tight across the back



Disengage

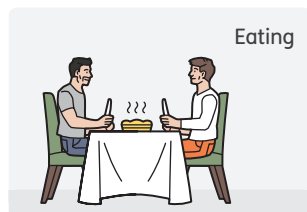
ALTERNATIVE OPTIONS



4

BE ACTIVE AND SOCIAL

Exit the house, get some fresh air and do something active and social with a mate. Try one of the following suggested activities.



Eating



Cycling



Fixing a fence

5

DON'T LET DISTANCE STOP YOU

If your mates aren't within arm's reach, close the distance with these conveniently located airports.



MORE INFO

For more on maintaining you or your mates' mental health go to Movember.com

