

JUNE 2024 MEN'S MENTAL HEALTH MONTH

PURPOSE

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.



BREAKING THE SILENCE

Let's start conversations about about mental health awareness and support for men.

HONOUR YOURSELF WITH THE GIFT OF SELF-CARE

Mental health awareness is the ongoing effort to reduce the stigma around mental illness and mental health conditions by sharing our personal experiences and breaking the silence around men's psychological difficulties



Get enough sleep

Healthy diet



Exercise regularly

Spend time with loved ones



RESOURCES

<https://www.safmh.org/>

<https://www.sadag.org/>

<https://lifelinesa.co.za/>