



Men Supporting Men

- The **MensWatch** program is a way of providing key men in rural and remote communities with the knowledge and skills to be able to 'look out for' and support other men.
- The program is run over several evenings or two days.

The funding of **MensWatch** programs relies on charitable donations and community support. Attendance for participants is generally free. A small donation may be required to cover catering and venue costs.

Over 1800 Australian men have participated in the **MensWatch** program, which has been formally evaluated, and received a Government Award for Excellence in preventative mental health and suicide prevention.



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MENSWATCH PROGRAM

RAISING AWARENESS & TAKING ACTION



TO ADDRESS MALE SUICIDE & DEPRESSION

Training men to **support** other men in their workplace, organisation or community.

Equips men with knowledge, skill and confidence to support other men experiencing challenges with personal, relationship or mental health issues.

Equips men to make a difference.



About the Program

Men have their own ways of responding to difficult events and experiences and their own style of coping and dealing with their emotions.

They are also generally very capable of supporting each other. The idea of *"taking care of your mates"* didn't originate in a pub, nor was it a ploy to get out of responsibilities at home. It was originally essential to survival.

When the first settlers arrived in Australia, all was *"bush"* – vast, wild and unforgiving – prone to drought, floods and fire. In many circumstances, bush workers and miners in particular would have perished if they hadn't looked out for each other.

It was largely the Australian landscape that also produced men who were fiercely independent and self-sufficient. Yet, despite this, they also maintained a strong ethic of loyal and generous mutual support. And it is this quality that has always distinguished Australian men in times of war, disaster and all kinds of other difficult circumstances.

Men learning to support other men

Building on this principle the **MensWatch** program is a way of providing key men in the community with knowledge and skills to better support other men.

Our forebears couldn't have imagined – nor did they face many of the modern pressures and challenges we do now. If we are going to be able to look out for each other we need the up-dated knowledge and skills to do so.

What does the program involve?

The program is run over several evenings or two days. Commitment to attending all the sessions is important for individuals and the group to achieve the intended learning outcomes.

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Is the program only for men?

Yes, the presenters are men and the program is for men only.

Some of the topics covered in the program:

Over two days (or equivalent) we teach **MensWatch** participants about:

- Principles of skilled helping
- Taking care of themselves as helpers
- Common problems that men experience
- Mental health
- Helping men in a crisis
- Self-help strategies for psychological wellbeing
- Surviving relationship breakdown
- Accessing the right kind of professional support