

R U OK? Day

Men's Health



R U feeling tired? *Hopeless? Withdrawn? Depressed?* You are not alone! It's very common for us to feel like this at times. There is hope. Here are some things you can try.

Start by talking to your doctor



Do something fun

- Go for a walk
- Play sport
- Go on a weekend away



Look after yourself

- Eat healthily
- Get enough rest
- Spend time outdoors



Engage with people

- Share a meal with a friend
- Watch the footy with a mate
- Talk to someone you trust



Achieve something

- Work on something that interests you
- Set a goal (big or small) and get it done
- Help someone else



To find help:

MensLine Australia 1300 78 99 78

Beyond Blue 1300 224 636

For more information

Beyond Blue <https://www.beyondblue.org.au/who-does-it-affect/men>

Mengage <http://www.mengage.org.au/work/men-s-mental-health/>

SANE <https://www.sane.org/information-stories/the-sane-blog/caring-for-others/mens-mental-health-how-to-seek-help>

RUOK <https://www.ruok.org.au/>

God is our refuge and strength, always ready to help in times of trouble. Psalm 46:1 (NLT)

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