

Head, Heart & Hands: A Practical Guide to Men's Mental Health & Wellbeing



 **Duration:** 1 hour  **Delivery:** Face-to-face or Online

Men today are navigating a world very different from the one their fathers knew.

Every day in Australia, eight men die by suicide—eight dads, brothers and mates. That's not just a statistic; it's a call to look after ourselves and each other. We service our cars, sharpen our tools and oil our hinges—when was the last time we gave our minds a tune-up?

This session is about picking up practical tools for the most important workshop you've got: your own wellbeing.

Straight talk. Practical tools. Real stories.

Walk out with actions you can start today, for yourself and for your mates.

During this presentation and workshop, you will learn to:

1

Understand the current state of men's mental health

2

Recognise early warning signs in yourself and others

3

Use a simple 3-step "Help a Mate" plan: Notice → Ask → Connect

4

Explore 8 evidence-based strategies to strengthen mental health and wellbeing

5

Build resilience and learn how to back each other in tough times

6

Draw on the wisdom of our elders and ancestors

Leave with local resources and next steps.