



WE NEED YOUR SUPPORT

We need your support to be able to provide our brothers with the tools and education they need to help each other through tough times.

Your support will help the early intervention initiatives unique to #talk2mebro; including our ambassador led group mentoring program for schools and sporting clubs, and our 1-on-1 mentoring program for high risk young men.

- **BECOME A MENTOR** -
- **DONATE** -
- **VOLUNTEER** -
- **BECOME AN AMBASSADOR** -

Your support will ensure that we get #talk2mebro out into the community to work with our brothers and help save lives. Our aim is to ensure that all men know that they are not alone in their fight.

#talk2mebro is a registered charity, so all donations over \$2 are tax deductible.

JOIN US

MAKE SURE YOUR BROTHERS DON'T HAVE TO FIGHT ALONE.
IT COULD SAVE HIS LIFE.

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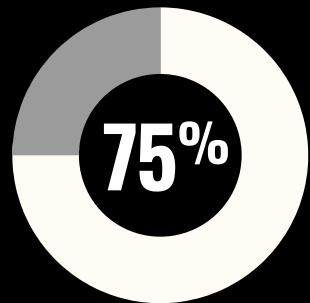
#talk2mebro

EVERYONE IS AT WAR WITH
SOMETHING DIFFERENT.



BROTHERS DON'T LET
BROTHERS FIGHT ALONE.

THE HARSH REALITY OF SUICIDE



MEN ACCOUNT FOR 75%
OF ALL SUICIDE

75% OF MEN **WILL NOT**
ACCESS HELP FOR THEIR
ANXIETY OR DEPRESSION

EVERY YEAR, MORE THAN
62,000
PEOPLE **ATTEMPT TO**
TAKE THEIR OWN LIVES

2/3

2 OUT OF 3 MEN WILL
DIE ON THEIR FIRST
ATTEMPT AT SUICIDE



SUICIDE IS THE
LEADING CAUSE OF
DEATH AMONGST
MEN AGED 15-45



6 MEN WILL **TAKE**
THEIR OWN LIVES
EVERYDAY IN
AUSTRALIA



DEATHS FROM **SUICIDE**
ACCOUNT FOR MORE
THAN **DOUBLE THE**
NATIONAL ROAD TOLL

WHY WE ARE DIFFERENT

Many men who are at risk of suicide or experience suicidal ideation have never sought professional help. Many suicide prevention programs support people that have reached out for help, which means they are not identifying and assisting the high risk group of men who are too private or self-reliant to seek help. **Early intervention is critical to help save these men.**

#talk2mebro was created to help reduce the number of males who commit suicide. Through early intervention initiatives, the aim is to create societal change by reducing the stigma in males' attitudes towards suicide; empower men to take control of their mental health; and reduce the incidence of suicide.



*SOMETIMES IT'S HARD TO OPEN UP. BUT I FELT COMFORTABLE TALKING TO
MY MENTOR BECAUSE WE JUST CLICKED.*

*HE UNDERSTANDS ME AND KNOWS WHAT I'M GOING THROUGH.
I NOW HAVE SOMEONE TO TALK TO.*



Mentoring is known to improve behaviour, reduce drug and alcohol use and risk taking, improve family relationships and provide clarity for the future.

Through the targeted early intervention mentoring, the #talk2mebro program will break down the stigma surrounding suicide, get men to feel confident in taking control of their mental wellbeing and reduce the incidence of suicide.

#talk2mebro mentoring provides a safe and structured relationship, where the mentor offers support, encouragement and advice, whilst breaking down the walls around the tough issues of suicide, mental illness, screwing up and taking taking action when they have concerns about their mental wellbeing or that of their mates.



#talk2mebro