



Move beyond
awareness



Understand
actions to take



Know the
support available

MANAGE WHAT MATTERS

MANTLE MEN'S MENTAL HEALTH SEMINAR FOR EVERYONE



Men's Health Week June 14-20, 2021
Other dates available on request

Get beneath the surface of Men's Mental Health with Mantle. These informative sessions are designed for everyone with a man in their life (a brother, partner, father, friend, work colleague) to participate in. Topics covered include frank, relatable and relevant discussions on:

- What do we know about men's mental health?
- Signs and symptoms of mental ill-health.
- Overcoming typical barriers to support.
- Supporting your own mental health, as well as others (i.e., how to care, not carry).
- When, how and where to refer people for additional support.

Take yourself and your corporate team beyond just awareness of the issues and facts. So they have the knowledge to take more action proactively when it comes to Men's Mental Health. Facilitated by Mantle's most Senior Psychologists, these sessions are information-only (no hard sales pitch). You'll be hearing from individuals 100% dedicated to improving the lives of men and everyone around them.

Enquire now on 1300 646 753 or info@mantlehealth.com.au

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www.mantlehealth.com.au