



Move beyond awareness



Understand actions to take



Know the support available

MANAGE WHAT MATTERS

# MANTLE MENS MENTAL HEALTH TRAINING FOR EVERYONE

Get beneath the surface of Men's Mental Health. 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, informal and relevant discussions on:

- What do we know about men's mental health?
- Overcoming typical barriers to support.
- Supporting your own mental health, as well as others (ie. 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 sales). You'll be hearing from individuals 100% dedicated to improving the lives of men and everyone around them.

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[www.mantlehealth.com.au](http://www.mantlehealth.com.au)