

MOVEMBER SPEAKEASY

THE GEAR YOU NEED TO LOOK AFTER YOUR MATES

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KEEPING THE CONVERSATION ALIVE

Your mates will thank you for it.

First up –
Thanks for coming along to the Movember SpeakEasy event. In doing so, you've taken a leap towards being a better mate. You showed up, and listened up – unpacking a toolkit of invaluable skills for starting conversations. And that's no mean feat. Now it's time to make sure your new skills don't go to waste – by putting them to use on the regular.



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TIP ONE — PREPARE BEFORE ASKING

When reaching out to a mate, preparation is key. You can take some simple steps to get ready:

CHECKING IN WITH YOURSELF

- Are you in a good state of mind? You good to go?
- Do you have time to listen?
- If they're not ready to talk or don't want to talk, are you OK with that?
- If you ask them how they're doing, are you prepared for the answer to be 'not good'?

RIGHT PLACE, RIGHT TIME

Good conversations can happen anywhere, but these few tips are likely to help you feel comfortable:

OUTDOORS

Get outside and get amongst nature. It's good for the mind, body and soul.

SHOULDER-TO-SHOULDER

Chat while doing something. Whether that's watching TV, driving or getting active. This takes the focus off being face-to-face.

ONLINE

Kick off the conversation with a text. Sending a message gives them the space they may need.

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TIP TWO — KICK START THE CONVERSATION

The smallest actions can have the biggest impact.

WAYS TO GET STARTED

Break the ice

Go first. When your mate asks how you're going, use this as an opportunity to go deeper and answer truthfully. If you lead the conversation like this, he'll be more likely to respond openly too.

Take the intensity out

This doesn't have to feel like a big deal. After all, it's just a chat between two mates.

Be vulnerable

Trust your mates. Trust that they want to be there for you and have your back.

Find out more

Do you really know your mate?
Do you know where he was born?
What his passions in life are?
Use this chat as a chance to get to know him again.

Listen and ask 'open' questions

Open questions are ones that beyond a yes or no answer. Simply listening and asking more questions can make a big change in our man-to-man chats.

TIP THREE — BE A SMART ALEC

Four letters to keep in your back pocket, about how you can approach chatting with mates.

A ASK THE QUESTION

Ask your mate how he's getting on. It's simple, but it can do wonders. If you think he might be thinking about hurting himself, don't worry that talking might make things worse. It could actually save his life.

L LISTEN WITHOUT JUDGMENT OR DISTRACTIONS

Put down your phone, turn off the TV and give him your full attention. Sit back, and let him talk to you at the pace that feels comfortable to him. It's also OK if he decides he's not ready to share. You'll be there when he is.

E ENCOURAGE ACTION

As his mate, it's not your job to give him the answers. But you can help him figure out some options. You might suggest he talk to an expert – whether that's his doctor, a therapist or someone on a helpline who can offer advice. Check out the contacts in this booklet as a start.

C CHECK IN

Don't be afraid to get in touch down the track to see how your mate's been getting on. Send him a quick text, or ask him to come for a beer next time you see him. If he's on your mind, let him know.

TIP FOUR — GET SUPPORT

Support can come from friends, family, work colleagues – or psychologists and support services, like the ones listed below.

LIFELINE AUSTRALIA

Phone: 13 11 14

24-hour counseling service, crisis support and suicide prevention.

SUICIDE CALL BACK SERVICE

Phone: 1300 659 467

Provides immediate professional telephone and online counseling for anyone affected by suicide.

MENSLINE AUSTRALIA

Phone: 1300 789 978

24/7 counseling service for men, including telephone and online support, info and a referral service.

SANE HELPLINE

Phone: 1800 187 263

Mental health information and referral service.

HEADSPACE

Phone: 1800 650 890

Provides immediate professional telephone and online counseling for anyone affected by suicide.

MINDSPOT CLINIC

Phone: 1800 614 434

Online telephone clinic with free assessment and treatment services

RELATIONSHIPS AUSTRALIA

Phone: 1300 364 277


Provider of relationship support services for individuals, families and communities.

MOVING FORWARD



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