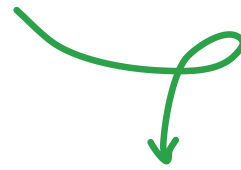


# Safely Talking – Community Audience Factsheet

## Men



The Community Audience Fact Sheet provides further information on discussing suicide and suicide prevention with specific community groups. The information provided offers general guidance on key messages to share with the community group, recommended support services and where to go for further information to support your discussion. The factsheet should be utilised alongside the Safely Talking toolkit.

To download the toolkit go to [www.tascharter.org/safely-talking](http://www.tascharter.org/safely-talking)

Men are three times more likely to take their own lives than women. Stigma towards mental ill-health, along with social norms and upbringing can mean that recognising and admitting the need for help is a challenge.

Additionally, help-seeking services are often not designed to accommodate masculine cultural norms which can also reinforce stigma towards getting help. When discussing suicide and suicide prevention with men, consider active and practical language. There are also several resources and help-seeking services which are targeted towards men.

### Things to consider when discussing suicide and suicide prevention:

- **Active and tangible discussions** – make sure discussions are focused on action and practical steps. The words you use should be in plain English and refrain from jargon. For example, the term ‘help-seeking’ would be better replaced with ‘let’s look at some places where you can get help’ or ‘Let’s look at what skills or tools you might need to get on top of this issue’.
- **Working collaboratively** – utilising language such as ‘we’ and ‘working together’ can support a more inclusive conversation.
- **The environment** - Consider the environment and the location of the discussion. Are you holding the discussion in an environment comfortable for the male?

### Key messages to share with the community audience

“It takes a lot of courage to deal with these issues. Everyone goes through difficult times, if you need support contact a service such as Mensline or Rural Alive and Well.

### Local services available:

- Book an appointment with your local GP
- Rural Alive and Well provide support information and outreach services:  
1300 4357 6283 - [www.rawtas.com.au](http://www.rawtas.com.au)

### Recommended 24-hour crisis services:

- Mensline Australia provides phone and online counselling for men - 1800 789 978  
[www.mensline.org.au](http://www.mensline.org.au)
- Lifeline - 13 11 14
- Suicide call back service – 1300 659 467
- Open Arms - Veterans and families counselling - 1800 011 046

### Further information:

- Blokes Book provides information on local services for men in Tasmania  
[www.mrtasmania.org/uploads/1/2/8/6/12868842/mrt\\_blokesbook-web.pdf](http://www.mrtasmania.org/uploads/1/2/8/6/12868842/mrt_blokesbook-web.pdf)
- The Mensline website provides factsheets and information on mental health and suicide prevention for men [www.mensline.org.au](http://www.mensline.org.au)

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