



MEDIA RELEASE

MO AUSSIES TAKING ACTION FOR INTERNATIONAL MEN'S DAY

As moustaches continue to grow on the upper lips of men around the country, the Movember Foundation is using this Saturday's International Men's Day to remind people of Movember's serious side and to encourage them to make a donation to have a lasting impact on the health of Aussie men.

The theme for this year's International Men's Day is stopping male suicide, and with six men in Australia taking their own lives each day, it's an issue the Foundation is determined to shine a light on.

Our fathers, partners, brothers and friends are facing this health crisis, and without people talking, taking action and raising vital funds, nothing will change.

Kirk Pengilly, Movember Foundation Ambassador and INXS musician said Movember serves as an important reminder for men to open up and talk about the small and big things in life, using the moustache as a conversation starter.

"As men, we need to talk when times get tough. It's a simple thing that makes a huge difference - being there for your mates and asking them if they're okay if you're worried about them could be life-saving," said Mr Pengilly.

Jeremy Macvean from the Movember Foundation said the reason Movember exists is to stop men dying too young.

"Suicide is the leading cause of death for Aussie men aged 15 to 44, which is staggering. Too many men are dying too young, before their time and for no good reason," said Mr Macvean.

"This International Men's Day, help the Movember Foundation raise funds for game-changing men's health projects by making a donation at Movember.com," he added.

With money raised, the Foundation has funded over 1,200 game-changing programs in prostate cancer, testicular cancer and suicide prevention around the world, whilst positively challenging the way in which men's health issues are researched and addressed.

Join the fight at Movember.com and donate to help stop men dying too young.

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Notes for Editors:

For more information and to arrange an interview with a Movember Foundation spokesperson, a Mo Bro or Mo Sista in your local area contact:

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About the Movember Foundation:

The Movember Foundation is the only charity tackling men's health on a global scale, year round. By 2030, we will reduce the number of men dying prematurely by 25%. The Foundation funds game-changing men's health projects. Millions have joined the movement, raising \$770 million to help us fund over 1,200 projects focusing on prostate cancer, testicular cancer, mental health and suicide prevention.

In addition, our awareness and education program is encouraging men to become more aware of their health, to talk about the big stuff in life, and take action when health issues arise. Our fathers, partners, brothers and friends face a health crisis that isn't being talked about. We can't afford to stay silent. We have one goal: to stop men dying too young.