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PRESS RELEASE

FOR IMMEDIATE RELEASE - 29 October, 2019

MICHAEL CLARKE'S NEW MOVEMBER ROLE TO PUT SPOTLIGHT ON MENTAL HEALTH & SUICIDE IN SPORT

Former Australian cricket captain Michael Clarke has joined forces with Movember in a new role that will see him highlight the pressures of professional sports and encourage open discussion of mental health

Michael Clarke has been named global ambassador for men's health charity Movember.

The World Cup winning captain will be joining forces with Movember in a newly-created year-round advisor and ambassador role, in a bid to encourage others to talk openly about mental health and speak out about the challenges he dealt with during his career.

The role will allow Michael to further explore the roots of the mental health issues faced by not only cricketers, but all sportsmen, and to help add his valuable insight and lived-experience to Movember's work.

Michael's passion for changing the way mental health is perceived in sport aligns with Movember's mission to change the face of men's health, making him the perfect fit for the charity.

According to Movember, globally one man takes their life every minute – a figure which really hits home for Clarke.

Clarke said: "It is vital men understand that to be the best we can be, we need to talk more, which is why Movember's message is so important.

"By being more embedded in the organisation, I will be able to contribute in a more hands-on, meaningful way – with the hope of helping Movember to achieve their goal of drastically reducing the number of men lost to suicide over the next decade."

Clarke's own career wasn't without significant mental challenges, dealing with injury and a lapse in form during his final World Cup in 2015, while still coming to terms with the tragic death of teammate and close friend, Phil Hughes.

In an interview with *The Times* earlier this year, Clarke said: "There are more suicides in cricket, it's out of control. My job is to help change that statistic. It's going to take time and hard work. When I look back on my career, so many people were struggling with things that weren't really spoken about. You hate to see people suffer, let alone if you're in that same position and can comprehend what they're going through."

"Part of life is losing, you try and win but there's nothing wrong with not being able to get there all the time."

CHANGING THE FACE OF MEN'S HEALTH

The Movember Group Pty LTD as Trustee for the Movember Foundation ABN 48 894 537 905

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Movember co-founder JC said: "We're incredibly excited to have Michael on board. In Australia, our close relationship with the cricketing community has been a critical part of our growth and engagement with our Movember supporters, and it's an area that we want to continue to grow and develop."

"While there are already some fantastic pilot projects underway looking to improve the mental health and resilience of young people in sport - with the likes of New Zealand Rugby, the Canadian Hockey League and UK rugby's Harlequins - Michael's unique understanding of the pressures and demands on young men, both on and off the sporting field, coupled with his passion and lived-experience make him an invaluable asset in supporting Movember's future mental health projects."

To learn more about Movember, go to movember.com

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Notes to Editors:

Movember strongly encourages the inclusion of appropriate help-seeking information for stories about suicide and mental illness. **For support at any time of day or night, call Lifeline on 13 11 14.** For more help-seeking information, visit movember.com/findhelp

About Movember

Movember is the leading global men's health charity. The charity raises funds to deliver innovative, breakthrough research and support programs that enable men to live happier, healthier and longer lives. Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,250 projects focusing on prostate cancer, testicular cancer and suicide prevention.

In addition to tackling key health issues faced by men, Movember is working to encourage men to stay healthy in all areas of their life, with a focus on men staying socially connected and becoming more open to discussing their health and significant moments in their lives. The charity's vision is to have an everlasting impact on the face of men's health. To donate or learn more, please visit Movember.com.

Responsible reporting:

In Australia, Mindframe provides up-to-date, evidence-based information and resources to support safe media reporting, portrayal and communication about suicide and mental ill-health.

When reporting, portraying or communicating about suicide or mental ill-health the Mindframe guidelines are able to provide support and guidance to media professionals and those who work with the media. Guidelines can be found at: everymind.org.au/resources/mindframe-for-media-professionals