



UNITED
WE
MO

We focus on three important men's health issues:

Mental health and suicide prevention

Prostate cancer

Testicular cancer

Men's health is in crisis.

Men are dying on average 6 years earlier than women, and for largely preventable reasons. Movember is on a mission to change this. With the help of our global community, we raise much-needed funds and awareness to stop our fathers, partners, brothers and friends from dying too young.

3 OUT OF 4

suicides are men.

1 IN 9

Men in the US will be diagnosed with prostate cancer in their lifetime.

#1

Testicular cancer is the most common cancer in young men.

WHAT WE'RE DOING ABOUT IT

Movember is helping to transform how men think about their health – and how they act on it.

Using funds raised by our Mo Bros and Mo Sisters, we collaborate with the world's sharpest minds and best researchers to create effective treatments, innovative support solutions and easily accessible resources for men, right here, right now.

The moustache is world-famous.
But there's more than one way to
get face-deep in Movember.



GROW A MO

Become a walking, talking billboard for men's health – because whatever you Grow will save a bro.

MAKE A MOVE

Run or walk 60 miles over the month. That's 60 miles for the 60 men we lose to suicide each hour, every hour.

HOST A MO-MENT

Rally a small crew and do something fun, virtual or in-person. Host a trivia night, a scavenger hunt or a gaming tournament – get creative. Hosting is all about having a good time for a good cause.



Movember is making real change in the lives of men and their families across the world. But we can't do it without you. Every dollar raised, every conversation sparked helps keep the men in our lives around for longer.

"After my father passed, I struggled to find a way to help others avoid the painful journey I'd been through. I found Movember by happenstance. I was suddenly obsessed with talking about testicular and prostate cancer awareness to anyone who would listen."

- MO BRO, ANDREW HAHN

WHERE THE MONEY GOES

Movember uses donations to invest quickly in innovative projects across the world.

True North Prostate Cancer
A revolutionary project that helps men living with prostate cancer find better support and care, from diagnosis, throughout treatment, and beyond. TrueNTH operates across 6 countries with a team of more than 80 collaborators.

True North Testicular Cancer
An innovative digital resource that not only provides men with useful information and advice about testicular cancer, but also connects them with a supportive community of others who have experienced (or are experiencing) a similar journey.

Making Connections
Making Connections for Mental Health and Wellbeing Among Men and Boys is a national initiative to strengthen communities to support mental wellbeing. Movember and Prevention Institute have partnered with 13 community-based coalitions that work with men and boys of color, and military service members and veterans (and their families) in rural, urban and suburban communities across the US.

JOIN THE MOVEMENT