



MOVEMBER FOUNDATION
**THE ONLY GLOBAL CHARITY FOCUSED
SOLELY ON MEN'S HEALTH**

Everything we do is to stop men dying too young, and to ensure they live happier, healthier, longer lives. We do this by investing in these critical areas:

**PROSTATE CANCER, TESTICULAR CANCER,
MENTAL HEALTH AND SUICIDE PREVENTION**



Since 2003, we've empowered millions of men and women to join the global men's health movement.

Through the moustaches grown and funds raised, the amazing Movember community has funded over 1,200 breakthrough men's health projects in 20 countries.

The Movember Foundation runs awareness and fundraising activities year-round, with the annual Movember campaign in November being globally recognized for its fun and innovative approach to raising money and getting men to take action for their health.

We fund health programmes directly through the Movember Foundation and our men's health partners.

MEN'S HEALTH STATS

1 man dies every 45 minutes from prostate cancer in the UK

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Testicular cancer is the most common cancer in young men under 40

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**12 men die from suicide every day in the UK.
3 out of 4 suicides are men**

HOW TO GET INVOLVED

Be the difference this Movember by donating or raising critical funds for men's health.

Getting involved is easy.

Simply sign up at [Movember.com](https://www.movember.com) and fundraise by:

Growing a Moustache

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Moving and getting active

—

Hosting an event

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Making a donation