

HOW TO KEEP AN EYE OUT

If a guy is going through a tough time, he might not talk about what's up. If you notice a friend, family member or coworker acting out of the ordinary, you might want to ask him how he's doing.



01

Doing less of what he enjoys

Has he withdrawn from activities he usually enjoys doing?

02

Not showing up or showing up late

Has he missed important social events? Is he not turning up for work or coming in late?

03

Taking less care of himself

Does he look tired or seem less interested in his health or clothes and appearance?

04

Self destructive behaviour

Is he drinking more, using drugs, or taking more risks in life?

05

Getting angry more often

Is he easily irritated or distracted? Does he get angry quickly or over small issues?

These are all signs that he might be struggling. If you know a guy who's doing some of these, the first step in looking out for them is reaching out. Go to movember.com/iwanttoask for info on how to have the conversation.

If you think he's at risk of taking his life, don't delay. Contact one of the crisis services listed on www.iasp.info/resources/Crisis_Centres/. If life is in danger call emergency services.