



## PRESS RELEASE

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# MO BRO TEAMS UP WITH DOC FOR MEN'S MENTAL HEALTH PODCAST: BEHIND THE UNIFORM

A mental health advocate, Army Captain and Movember ambassador who has survived both testicular *and* bowel cancer, all before the age of 30, has teamed up with Dr Izzy Smith to create a new podcast series; [Behind the Uniform](#).

The series will explore the idea that we all wear a uniform. Whether it's the clothes you wear to work, or a metaphor for putting up a front, often there's a lot going on behind the uniform, and many of us are reluctant to express how we are *really* feeling.

The series guarantees no topic is off limits – there will be tears, laughter and goose bumps, explains co-host, Captain Hugo Toovey.

The ten-part podcast supported by both Movember and Fox Sports, will feature such prominent Australians as:

- Test cricketer Moises Henriques
- Former league player Braith Anasta
- Former AFL player Wayne Schwass
- 'Commando' Steve Willis
- Performer David Campbell
- Radio host Gus Worland

Hugo said guest, Moises Henriques, summed up the tone of the podcast perfectly when he said; "While things may appear all smiles and good times, it definitely is not like that all the time. I've felt like shedding as many tears as our baby Archie. It's just a reminder of the misleading representation social media can portray on our not so perfect lives."

Hugo noted that while the current episodes feature well known sportsmen, moving forward they hope to incorporate the stories of everyday Australians.

Dr Izzy Smith featured on Hugo's earlier podcast [25 STAY ALIVE](#). The two hit it off, realising how much they had in common and decided to join forces. Dipping into their own experiences of working in demanding environments, they will weave their own insights into each episode.

"We've both worked in environments where it's traditionally seen as weak to show you're struggling or need help. Both careers have notoriously high rates of suicide and mental illness. We need a cultural shift in attitude around mental health and we need to be equipping people with the right tools to manage it," she said.

They will explore concepts like vulnerability and dealing with failure, things Dr Smith has struggled with herself, in the past.

# CHANGING THE FACE OF MEN'S HEALTH



*Behind the Uniform* will deliver practical ways to discuss and de-stigmatise mental health issues in Australia - in a relaxed and entertaining way.

Movember Global Mental Health Director Brendan Maher believes the podcast is the perfect avenue to reach men who might be experiencing difficulties in their lives.

“These episodes remind us that it doesn’t matter where you are in life, or what kind of uniform you wear, none of us escape life’s challenges. How we navigate them and who we open up to, is what makes the difference - and sometimes it’s a life-saving difference.

“One of the best ways to lighten the load, is to share what’s going on with a mate, a loved one or a health professional.

“*Behind the Uniform*’ is an important new platform to explore these concepts and learn from each other.”

**Ends**

***“Fox Sports is proud to partner with Movember on ‘Behind the Uniform’ podcast as it conveys a very important message around mental health, not only in Sport, but in all walks of life. These conversations are even more important now, as we come together to build the mental fitness of our nation during a difficult time.”*** Kate Waugh – Head of Sport Brand Partnership and Solutions.

**Extra info:**

A 2019 poll conducted by Movember highlighted the concerns many Aussie men have around being open about their mental health struggles in the workplace.

- (30%) said they would be reluctant to open up about their problems in case it impacted negatively on their career.
- (46%) said they were concerned colleagues would make negative comments if they opened up about mental health issues at work.
- (36%) thought they could be held back from a promotion if they mentioned they were finding it difficult to cope with a problem.

**Press contact:** Lisa Minner, Movember. [Lisa.minner@movember.com.au](mailto:Lisa.minner@movember.com.au)

**Phone** – 0421623387

**About Movember**

Movember is the leading charity changing the face of men's health on a global scale, focusing on mental health and suicide prevention, prostate cancer and testicular cancer. The charity raises funds to deliver innovative, breakthrough research and support programmes 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 around the world.

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](http://Movember.com).