



PRESS RELEASE

Friday May 22, 2020

OVER HALF OF AUSTRALIAN MEN SAY NO ONE HAS ASKED THEM HOW THEY ARE COPING DURING COVID-19

Study reveals the need to start a conversation with men who are struggling with the physical distancing restrictions

Eight out of 10 Australian men find it helpful when people ask if they're having a difficult time, similar to women (86 per cent). Yet over half (52 per cent) say no one has asked how they're coping during the COVID-19 pandemic, compared with 41 per cent of women, according to new research.

Figures released today by global men's health charity [Movember](#), exploring the impact of COVID-19 on social connections, also reveal that almost a third (29 per cent) of men surveyed had not checked in with friends or family to find out how they were doing during the crisis, compared with only 16 per cent of women.

The survey of 1,429ⁱ Australians, including 806 men aged 18 or older, was commissioned by Movember and carried out by the Social Research Centre, forming part of a global study. It found that approximately a third (28 per cent and 31 per cent respectively) of men felt their relationships with friends and work colleagues had weakened since stay-at-home and physical distancing restrictions had been imposed.

Older men are the group most likely to have experienced poorer social connection, with 61 per cent of men aged 45+ years reporting they feel less connected to their friends since the COVID-19 outbreak, compared with 53 per cent of men aged 18 to 24 years.

One in five men (22 per cent) reported their mental health had worsened compared with before the outbreak of COVID-19 and almost a third (29 per cent) admitted they felt lonely more often.

Dr Zac Seidler, Director of Mental Health Training at Movember, said: "These findings indicate that guys are hungry for connection and in need of support in these trying times.

"As the country slowly gets back to business, the residual stress of this pandemic may bubble to the surface and some will be doing it tougher than others.

"While we know these conversations can often feel uncomfortable or awkward, checking in on your mates and loved ones can make the world of difference.

"Don't assume they don't want to be bothered or don't want to talk. Just making the call can go a long way."

Movember is committed to tackling the crisis in men's mental health through its investment in early intervention and prevention programs.

CHANGING THE FACE OF MEN'S HEALTH

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

MOVEMBER®



According to Brendan Maher, Movember Global Director of Mental Health and Suicide Prevention, this is why the charity has launched *Movember Conversations*, a new easy-to-use interactive online tool, that offers practical guidance on how to start a difficult conversation and support someone who is struggling.

He said: “People know it’s important to have conversations to support others; however, confidence and knowledge around how to do this with men is low.

“What’s making things even harder are the challenges thrown up by COVID-19, and its consequences of physical distancing, job loss, financial stress and strain on relationships.”

Based on R U OK?’s ALEC conversation framework (Ask, Listen, Encourage action, Check in) and guided by an international team of mental health experts, *Movember Conversations* is a free interactive digital tool that presents a number of scenarios relevant to today’s world including job loss, social isolation and family pressures. It uses simulated conversations to explore and practise how anyone might navigate a difficult conversation with someone they care about.

Brendan Maher added: “We hope that this tool will encourage people to have conversations with men they care about who might be going through a tough time. *Movember Conversations* gives them the practical skills to do that.”

Movember Conversations can found at conversations.movember.com

ENDS

Crisis support can be found at Lifeline: (13 11 14 and lifeline.org.au)

Press contact

Sam Mills, PR & Communications Manager, Movember via 0411 241 475 / sam.mills@movember.com

About Movember

Movember is the leading charity changing the face of men’s health on a global scale. 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 mental health and suicide prevention, prostate cancer and testicular cancer.

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

ⁱ SRC conducted a survey through an online panel with 5,737 people aged 18 or older across the UK, US, Canada and Australia (approximately 1,430 respondents in each country). This included 809 men in the UK, 804 men in the US, 794 men in Canada and 806 men in Australia. Response quotas were set based on age, region and gender and the final data were weighted to reflect the profiles of each country. Fieldwork ran from 22nd April – 4th May 2020.