



PRESS RELEASE

Thursday February 18, 2021

Support men's health every month (not just in Movember) for the price of just a few beers

Leading men's health organisation Movember, known world-wide for its annual Mo-growing campaign, is launching a new option to give monthly - and it will only set you back the price of a couple of brews.

Now approaching its 18th year, the Aussie-led charity has traditionally encouraged supporters to don a hairy upper lip each November in support of men's mental health, suicide prevention, prostate cancer and testicular cancer. Now it's taking the fight for men's health year-round, and you don't have to sacrifice your facial hair or change up your grooming routine to get involved.

Movember Country Director Rachel Carr said that while the Mo wouldn't be going anywhere, Movember - just like men's health - was much more than just one month of the year.

"This is an all day, every day, year-round mission," she said. "A monthly donation - the equivalent of just a few beers a month - will help to fund more life-changing mental health and suicide prevention projects, and more ground-breaking prostate and testicular cancer research, trials and treatments.

"We all have a brother, father, son, partner or friend that we want to have around for longer. By investing year-round in men's health, Movember can do more to stop these men dying too young.

"In return, we all get more time, more connection, more moments, more memories with those men in our lives."

Options to donate include the value of your streaming service (\$10), a pizza (\$15), a round of beers (\$25) or the price of your haircut (\$50).

In return, you'll get regular updates on what your money is doing, real stories about the real men you're helping, news of scientific breakthroughs and an annual tax receipt without any of the boring emails, lock-in contracts, guilt or doom and gloom.

For more information, or to sign up visit movember.com/donate

Key men's health stats

- Globally, we lose one man every minute to suicide
- That's seven men a day in Australia
- Over 220,000 men are living with or beyond prostate cancer in Australia
- Nine men a day die from prostate cancer
- Testicular cancer is the most common cancer in young men

Where the money goes:

- Digital mental health tools including:
 - [Movember Conversations](#), a free online 'conversation simulator' to kick start conversations with men who might be struggling

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- [Family Man](#), a world-first, free online parenting program aimed at teaching dads how to improve their child's behaviour, while improving parental mental health
- We're also piloting [Men in Mind](#), the world's first training program for mental health professionals, in an effort to ensure all men and boys who reach out for support get the best possible treatment.
- Read more: [10 Global Men's Health Projects Your Donations Funded In 2020](#)

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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. To donate or learn more, please visit movember.com

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