

Men's Health Week 10-15th June

The School Based Youth Health Nurse talks about...Men's Health Week

Men's Health Week focuses on not just physical health, but also men's mental health and emotional wellbeing with this year's theme being **'See your GP'**.

Around two thirds of Australian men delay seeing a doctor when they notice a problem, preferring to manage symptoms themselves or waiting until symptoms worsen. 50 Australian men a day die from preventable causes, which is around 18,000 men per year.

This year, the Australian Men's Health Forum (AMHF) are highlighting Men's Health Promotion Toolkits through the [Know Your Man Facts](#). There you can learn about different topics such as physical health checks, mental health, mateship, heart health, exercise, and diabetes.

👉 For more information, visit: [Men's Health Week 2025 - AMHF - Australian Men's Health Forum](#)

To make an appointment to see the nurse, students can:

👉 Email: nurse.redcliffe@health.qld.gov.au

👉 Self-Refer via this link: [School Based Youth Health Nurse - Young Person Self-Referral \(Page 1 of 6\) \(office.com\)](#)

👉 Visit your School Based Youth Health Nurse office on **Thursday's**, located in the Saber Centre.

👉 For more information, visit <https://bit.ly/chqSBYHN>

1 in 2 men will have a
mental health disorder
in their lifetime



MEN'S MENTAL HEALTH
FACT #2

KYMF
#KnowYourManFacts

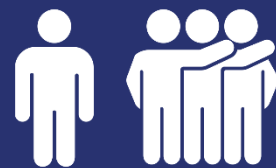
4 in 5 heart deaths
under 65 are men



MEN'S HEART HEALTH
FACT #2

KYMF
#KnowYourManFacts

1 in 4 men have no
good mates



MATESHIP + MEN'S HEALTH
FACT #2

KYMF
#KnowYourManFacts

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