

It's OK to not be OK!

SYMBIOS HEALTH

Empowering Healthy Working

Men's Mental Health Awareness Month

November 2023

1 in 5 men will be suffering with some form of depression, anxiety or stress.

60%

of men don't go to the doctors when they need to.

70%

of suicides are committed by men.



Unemployed males commit suicide at a rate that is 4.6x higher than their employed counterparts.

SPEAK NOW!

Whether it's a family member, friend, colleague, HR Manager or Occupational Health Doctor, there is an ear waiting for you!

1 in 3 men will have experienced suicidal thoughts.

