

IT'S MOVEMBER

MEN ARE DYING TOO YOUNG

We can't afford to stay silent!



Men's Health

Men's health often doesn't get the attention it deserves. Many men are reluctant to talk about their health or seek help when they need it. This can lead to serious health problems going unnoticed until it's too late. Movember is about changing that by encouraging men to take charge of their health and well-being.

Key Health Issues

Prostate Cancer:

Prostate cancer is one of the most common cancers in men. Early detection is key to successful treatment. Men over 50, or over 40 for those with a family history, should talk to their doctor about prostate screening.

Testicular Cancer:

This cancer is less common but affects younger men, typically between 15 and 35. Regular self-examinations can help detect any unusual changes early.

Mental Health:

Mental health is just as important as physical health. The construction industry can be stressful, and it's vital to recognize signs of mental health issues such as depression and anxiety. Encouraging open conversations and seeking professional help when needed can make a big difference.

Suicide Prevention:

Unfortunately, suicide rates are higher among men, particularly in high-stress industries like construction. It's important to look out for each other and provide support to those who may be struggling.

What Can We All Do To Help?

- **Regular Check-ups:** Encourage regular medical check-ups and screenings.
- **Healthy Lifestyle:** Promote a healthy lifestyle, including a balanced diet, regular exercise, and avoiding harmful habits like smoking and excessive drinking.
- **Mental Health Support:** Create a supportive environment where talking about mental health is normalized. Provide information about local mental health resources and support services.

Conclusion

Let's use Movember as a reminder to take care of our health and support our colleagues. By being proactive and looking out for one another, we can create a healthier, safer workplace.

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Men's Health Resources

- [Movember Canada](#)
- [Canadian Men's Health Foundation](#)
- [Men's Health Top 5 Tips](#)

Prostate Cancer/Testicular Cancer

- [Canadian Cancer Society](#) (information on Prostate Cancer, including risks, treatments and provincial support/resources).
+1-888-939-3333
- [Prostate Cancer Foundation of Canada](#)
- For Support Call: 604-834-7757
Cancer Screening Information Health NL ([Eastern](#))
- [NL Prostate Cancer Support](#)
- [Testicular Cancer Information/Nuts and Bolts/Movember](#)

Mental Health

- [Movember Mental Wellness/MindFit Toolkit](#)
- [Grow a Mo!](#) Fundraising Campaign for Men's Mental Health Programs
- [811](#) Provincial Health Line
- Suicide Help Line [9-8-8](#)
- [LifeWise](#) Warm Line 1- 855- 753- 2560
- LifeWise [First Responders](#) Warm Line 1-709-237-4180