

RELEASED: Friday September 2, 2016

## MAN UP - One bloke's mission to save Aussie men

Tuesdays at 8.30pm from October 11 on ABC and iview.

In October, the ABC helps to kick-start a national conversation about Aussie male suicide. The ABC series **Man Up** joins the **ManUp.org.au** website to form a wider social campaign that aims to encourage conversation and awareness across the wider community. The campaign starts today with the launch of the official trailer.

### THE ABC TV SERIES:

**Man Up** premieres Tuesday 11 October at 8:30pm (3x60')

Gus Worland is on a mission to break the silence.

In Australia, men are traditionally seen as strong, stoic and tough as nails. They laugh in the face of fear. They excel at everything. And when life gets them down, they drink a cup of concrete and harden the f\*\*k up. Or so the saying goes. But hardening up doesn't seem to be working out too well for our blokes. Research shows Aussie men are lonelier and more disconnected than ever. Common mental health problems such as depression and anxiety go untreated. And suicide is the leading cause of death for men aged 15 to 44 years. So why are men killing themselves? And why isn't anyone talking about it?

Enter Gus Worland: professional talker. As the star of a Triple M's radio team in Sydney, Gus has his finger on the pulse of real Aussie blokes. Deeply impacted by the suicide of a dear friend ten years ago, and with a teenage son of his own about to become a man, Gus sets out on a mission to save Aussie men from their biggest killer. Themselves.

### THE SOCIAL CAMPAIGN:

ManUp.org.au

Following the airing of the series, the social awareness campaign will continue. We want to start the conversation but we want you to help keep it going. Jump onto the website to check all the facts, extra clips and to join the conversation. It could save a life. #ABCManUp

**Man Up** was principally financed by the Movember Foundation in association with the University of Melbourne. Produced in association with the Australian Broadcasting Corporation. An Heiress Films Production.

[Check out the \*\*Man Up\*\* Campaign Video](#)

Interviews are available with Gus Worland (presenter), Jennifer Cummins (Executive Producer), Jackie Turnure (Social Campaign Producer), and Professor Jane Pirkis (Director of the Centre for Mental Health University of Melbourne).

#ABCManUp  
ManUp.org.au

## THE FACTS:

Australia is facing a complex, nationwide men's mental health crisis. The raw facts are alarming:

- 18% of Australian males aged over 16 experiencing mood disorders, anxiety disorders and/or substance use disorders in a given year.\*
- In 2014, 2,160 males died by suicide compared with 704 females. This puts the rate for males at 18.4 per 100,000 and the rate for females at 5.9 per 100,000.
- In 2014, approximately 75% of people who died by suicide were males and 25% were females.
- Suicide rates are substantially higher in Aboriginal and Torres Strait Islander men. In 2014, suicide was the fifth leading cause of death for Aboriginal and Torres Strait Islander people and accounted for 6.9% of all Indigenous deaths compared to 2.7% for non-Indigenous people. The rate of suicide for indigenous men in 2014 was 34.1/100,000 compared with 17.7/100,000 for non-indigenous men (including WA, NT, NSW, SA and QLD data only).
- Death rates for males in Remote and Very Remote areas were about 1.7 and 2.6 times as high as in Major Cities.
- Males with mental health problems and/or suicidal thoughts are less likely to seek and receive help than their female counterparts.
- Australian men are socialised in ways that reinforce norms of stoicism, independence, invulnerability and avoidance of negative emotions.
- Conformity to traditional masculine norms has been associated with suicidal thinking and suicide attempts, depression, alcohol and substance use and negative attitudes towards help-seeking.
- Social support can be a protective factor to mental health issues. Nearly a quarter of men (23%, approximately 1.1 million men) in their middle years (30-65 years) report having low levels of social support and may be at risk of isolation. Another half of men in their middle years (45%, approximately 2.2 million men) have only medium levels of social support.
- Social support appears to dip between the ages of 35 and 54, with respondents outside this age band reporting higher levels of social support. One quarter (25%) of men have no one outside their immediate family whom they can rely on. Over one in three men (37%) are not satisfied with the quality of their relationships, typically because they do not feel they are emotionally connected or supported.
- Reasons for decreasing social connectedness are changes in family circumstances, injury, illness, mental health, finances, change in work circumstances and simply not having the time to maintain relationships.

\* For factual references -check [ManUp.org.au](http://ManUp.org.au)

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For further information about the **Man Up** television series and to organise interviews - contact: Bridget Stenhouse | Publicist | ABC TV Publicity  
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For further information about the **Man Up** website and social awareness campaign – contact: Xanthe Bates or Nicholas Cheetham | NIXCo



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