A Gendered/Cultured Lens
THE Movember Foundation: Changing the Face of Men’s Health
THE MOVEMBER FOUNDATION

- The only global charity focused solely on men’s health
- Started in Australia and now in 21 countries
- Since 2003, has inspired millions of men and women to take action for men’s health, raising $710M USD and funding over 1,200+ projects
- Supported to do this work by generous fundraising and donor community
MEN’S MENTAL HEALTH AND WELLBEING IS INFLUENCED BY MORE THAN HIS GENDER

- Socioeconomic, cultural, and environmental conditions
- Social and community networks
- Individual lifestyle factors
- Age, sex, and hereditary factors
Making Connections for Mental Health and Wellbeing Among Men and Boys

The Community of Practice is inclusive of 16 sites, with diversity in geography, organizational leadership, and population.
Limited notions of masculinity socialize males toward isolation and not seeking assistance.

Boys and men of color are disproportionately impacted – with far reaching implications related to fathering, families, and communities.

Military service members, veterans, and their families experience trauma and its effects disproportionately.

Photo: Teri Clark, Nebraska Association of Local Health Directors
Making Connections

• Prevention is not at **scale to maximize impact** needed

• Indigenous and lay people approaches are emerging – supporting healing and mental wellbeing

• Resilience is a critical **protective factor** – and can be catalytic for community-wide prevention approaches
Making Connections

- Bridging mental health to population and community level approaches

- Focusing in the places where men/boys spend their time, through the people with whom they interact and trust

- Connecting systems and institutions to mental wellbeing and each other

Photo: YES - Nature to Neighborhoods
Making Connections

- Reconnecting to cultural identity and expanded notions of masculinity
- Supporting connection in coping with stressors (past, present and future)
- Connecting men and boys to each other, their families and community

Photo: Tony Alter, Creative Commons