

#GoFluro

In 2018 what does it mean to be a man, love a man, respect a man and raise a man?



**MAN
HUG
MOVEMENT**

What is the Man Hug Movement?

It's about supporting all men, their families and community. Together we can raise the profile of men's health issues - physical, mental and sexual through conversations, information and support. Funds raised will be used to provide access to counsellors in rural communities nationally, for those in distress.

Background...

Increases in Mental Health diagnosis across our communities, has overwhelmed services. Access to affordable, personal, ongoing services, particularly in rural communities across 80% of Australia is almost non-existent. A coordinated approach to mental health and the causes, to stem financial and emotional stress, domestic violence, drug and alcohol abuse is required.

Aim...

To create strategies, resources and networks collaborating with other sector leaders, providing the support necessary to improve quality of life within families and communities. Rural Aid is focused on delivering between 10 and 20 rural health counsellors by 2021

Values...

**Love
Compassion
Resilience
Honesty
Courage
Respect**



Help... If you, your family, your workplace or your network of friends believe in helping reduce the mental health crisis of care, contact us and find out how together we can make a positive change to this issue.

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www.manhugmovement.com

1300 327 624

Launching Father's Day 2018 we'll #gofluro for men's health across the month of September. In workplaces, schools and wider community people can give to a range of men's health charities, with the focus on raising \$420,000 for rural health counsellors to provide consistent human contact, with a trained professional and provide whole communities with mental health assistance.