

# 5 REASONS WE NEED A PLAN TO PREVENT MALE SUICIDE

## GIVE MEN A HAND

The Case for a National Male Suicide Prevention Strategy

[www.amhf.org.au](http://www.amhf.org.au)



### 3 IN 4 SUICIDES ARE MEN

Tackling male suicide could have a bigger impact on suicide rates than any other action. While reducing female suicide by a third would lead to an 8% reduction in suicide overall, reducing male suicide by a third would reduce suicide deaths by 25%.



### IGNORING GENDER ISN'T WORKING

The mental health system and suicide prevention services reach more women than men. This 'gender blind' approach may sound fair and equitable, but doesn't respond to the fact that the majority of suicides are men.



### MEN AND WOMEN ARE DIFFERENT

Most suicide prevention work focuses on people with a mental health illness and people who have previously attempted suicide, rather than responding to common risk factors for men such as relationship problems, money issues, job loss and alcohol abuse.



### WE ARE NOT SPENDING OUR MONEY WISELY

Every year the Government invests more than \$5 billion into mental health services. The majority of the funding for suicide prevention in Australia is directed towards services that are known to be more effective at reaching women than men.



### THE PLAN IS BACKED BY LEADERS IN SUICIDE PREVENTION

Suicide Prevention Australia, the national peak body for the suicide prevention sector, has called on the Government to 'create a male suicide prevention strategy as a core stream within the national suicide prevention strategy, with funding and accountability attached to measures.'