

# M8D8



## MAKE A DIFFERENCE FOR YOUR MATES

M8D8 encourages you to have real, honest conversations about mental health with your mates.

It's also about showing other young men how it's done—get involved and help shift the stigma around men's mental health by having a conversation.





*“Hearing one of your mates opening up about something they’re not happy with, can help you open up and talk about the things that are worrying you.”*

## Want to be part of M8D8?

We’re looking for young men to film with us.  
Reach out to find out more:



Email:  
[communications@youthfocus.com.au](mailto:communications@youthfocus.com.au)



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