

# M8D8



## SUPPORTING YOUNG MEN

to have important conversations about mental health with their mates.

For young people, mates mean everything. M8D8 encourages open and honest conversations. A reminder that supporting a mate doesn't mean having all the answers—it means being there and encouraging them to reach out for help when things get tough.





*“I try and pay as much attention to my mates as I can to know when they’re not feeling too good, so I can try and help them”*

## Get involved:

- Follow **M8D8\_wa** on Instagram.
- Share the campaign with your community.
- Visit [youthfocus.com.au/m8d8](https://youthfocus.com.au/m8d8) to learn more.

Posters, social tiles, and resources can be downloaded here



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 Youth Focus

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