

UBC Professor John Oliffe challenges all to “man up”

As part of the Movember-funded, Men’s Depression and Suicide Network (MD& S-Net), Dr. Oliffe and the MD&S-Net team hosts a national challenge to “Man-Up Against Suicide”. This challenge invites men who had suicidal thoughts in the past, as well as family and friends who have lost a male partner, peer or family member to suicide to take part in the Man Up Against Suicide study.



Participants will be provided with a digital camera, wherein they will be asked to take a series of photographs depicting their stories. Thereafter they will be invited to talk about the photographs they have taken sharing their experiences with the ultimate goal of messaging at risk men that there are alternatives to taking one’s life. Some of the photographs and narratives will be featured in the *Man-Up Against Suicide* photo-exhibits and campaign nationwide. “We are sure this campaign will initiate important conversations to catalyze change – raising awareness and reaching out to men at risk for suicide,” said Dr. Oliffe. To break the stigma and stoicism round men’s mental illness and suicide Dr. Oliffe and team invite you to be ambassadors and contribute to the to Movember’s UBC ‘Man Up Against Suicide study.

To learn more about the Man-Up Against Suicide campaign, please watch the video

<http://www.youtube.com/watch?v=3QSW7-sm9VE>

If you are interested in participating, email us at man.Up@ubc.ca or call/text at 604-505-0256. Also, please follow our updates and join the conversation @MensHealthUBC @MenDSNET

