

JOIN THE MOVE- MENT

Movember is making real change in the lives of men and their families across the world. But we can't do it without you. Every pound raised, every conversation sparked helps keep the men in our lives around for longer.

"After my father passed, I struggled to find a way to help others avoid the painful journey I'd been through. I found Movember by happenstance. I was suddenly obsessed with talking about testicular and prostate cancer awareness to anyone who would listen."

- MO BRO, ANDREW HAHN

WHERE THE MONEY GOES

Movember uses donations to invest quickly in innovative projects across the world.

Ahead of the Game

For 75% of men experiencing mental health problems, their issues began before the age of 14. To reach men when they're young, Movember funds programmes such as Ahead of the Game, teaching young athletes and those around them – coaches, parents and teammates – the skills and resilience to get through tough times.

Movember Conversations

Based on the ALEC framework designed by R U OK?, Movember Conversations offers the tools needed to start a conversation, to be a good listener and to create a setting of trust and openness. A digital conversation simulator designed to give you the skills and info you need to reach out and support the men in your life who might be struggling.

True North Prostate Cancer and Testicular Cancer

Our True North projects are each innovative digital resources that aim to provide men living with or beyond prostate cancer or testicular cancer access to a wide range of expert information; information and support they can draw on to make decisions about the care and treatment that's right for them.

 SIGN UP AT [MOVEMBER.COM](https://www.movember.com)


MOVEMBER®



UNITED
WE
MO

We focus on three important men's health issues:

Mental health and suicide prevention

Prostate cancer

Testicular cancer

Men's health is in crisis.

Men are dying on average 5 years earlier than women, and for largely preventable reasons. Movember is on a mission to change this. With the help of our global community, we raise much-needed funds and awareness to stop our fathers, partners, brothers and friends from dying too young.

3 OUT OF 4

suicides are men.

MORE THAN 375,000

Each year, more than 375,000 men are diagnosed with prostate cancer in Europe.

#1

Testicular cancer is the most common cancer in young men.

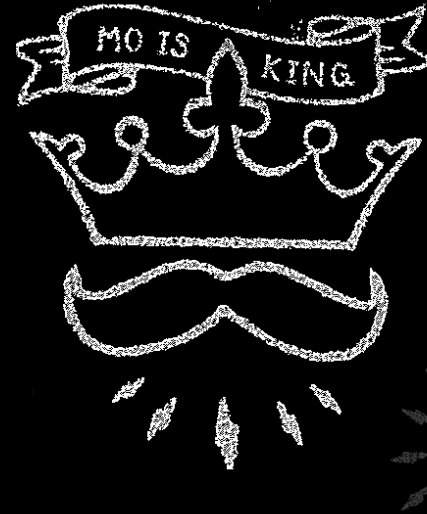
WHAT WE'RE DOING ABOUT IT

Movember is helping to transform how men think about their health – and how they act on it.

Using funds raised by our Mo Bros and Mo Sisters, we collaborate with the world's sharpest minds and best researchers to create effective treatments, innovative support solutions and easily accessible resources for men, right here, right now.

CHANGING THE FACE OF MEN'S HEALTH

The moustache is world-famous. But there's more than one way to get face-deep in Movember.



GROW A MO

Upper lip at the ready? Great news. But even if you can't grow a showstopper, don't worry: the worst moustaches start the best conversations.

MAKE A MOVE

Move this Movember by running or walking 60km over the month. That's 60km for the 60 men we lose to suicide each hour, every hour across the world.

HOST A MO-MENT

Rally a small crew and do something fun, virtual or in-person. Host a pub quiz, a Shave Down or a gaming tournament – get creative. Hosting is all about having a good time for a good cause.



 [SIGN UP AT MOVEMBER.COM](http://SIGNUPATMOVEMBER.COM)