

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# International Men's Day - Mental Health Awareness

Z K T J J W M K Y L D E G O O D T O T A L K P L  
 B E W R W Q E E D G R A Z Z V I D A U D H U Z S  
 Q E U T M T N E K W I T W F W O Y P N N P F V K  
 Y P A D H P T P A E N W X K N O O H Y G A G B Q  
 E A K A Q U A I C L K E W H H X K Y Q L W T P J  
 S C T B J G L N G L S L A G C O E S T S A A W N  
 E T I A K V H T U B E L V Y L F L I P C R K K R  
 L I M S J E E O S E N J G T I J E C O D E E F D  
 F V E K P N A U K I S B R F U T C A J Y N A J K  
 A E T T N D L C K N I P R G W H T L M U E B R K  
 W E O W R T T H V G B Q U Z L L R H Q U S R Z I  
 A O C I X H H I Z V L H D G T E I E J O S E O M  
 R N H C U E G C X S Y W Z I Z X C A K O R A S N  
 E E A E T S M H S Z Y N O M P T A L O O E K L A  
 N I N F G T P E F Y Y T P Y U U L T F Y U S N J  
 E N G A H I W H N M S X O T U X O H V N N W U Q  
 S F E C F G A O Z A W O C H P E T C H A R I T Y  
 S O B T S M A L L T A L K S A O K B F P J D T L  
 R U J S X A U E R A K E N D T H E S T I G M A T  
 Q R P W X C A R E F O R O T H E R S B F Q N M N  
 K S U P P O R T A H Y I N D U S T R I E S V K K  
 K E I S E C R E T B A N T A O G S P K T S G P S  
 K R I N T E R N A T I O N A L M E N S D A Y W S  
 A S K F O R H E L P I L I U K S M Y I E W L X J

International Mens Day  
 End the stigma  
 Keep in touch  
 Good to talk  
 Small talk  
 Ask twice  
 Charity

Care for others  
 Self awareness  
 Mental Health  
 Secret Banta  
 Well Being  
 Awareness  
 Myths

Physical health  
 End the Stigma  
 Ask for help  
 Keep active  
 Industries  
 Eat well  
 Facts

Drink sensibly  
 Time to change  
 Take a break  
 One in Four  
 Electrical  
 Support