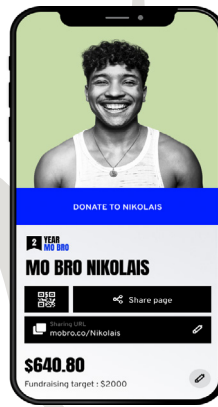




# MOVEMBER®

## NZDF MOVEMBER GUIDE

Download the Movember App Now!



Join the 'NZDF CHALLENGE' and the 'FIRST RESPONDERS CHALLENGE NZ' (scan QR code)

## GROW A MO

Patchy, lopsided, itchy or epic – whatever Mo you grow this Movember, your face will raise funds and awareness for men's health.



[Learn More](#) ➔

## MAKE A MOVE

Run or walk 60km over the month. That's 1km for each of the 60 men we lose to suicide every hour across the world



[Learn More](#) ➔

## HOST A MO-MENT

Rally a crew and do something fun and easy, virtual or in person.



[Learn More](#) ➔

## MO YOUR OWN WAY

Whether it's a gruelling test of physical endurance or some other wildcard idea.



[Learn More](#) ➔



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**DEFENCE FORCE**

Directorate of Diversity and Inclusion  
Defence Health

**TĀNE TOA**

Valuing men, in an inclusive NZDF

Since 2021, the Movember campaign funds new projects to support the mental health of Veterans and First Responders

**WHATEVER YOU GROW  
WILL SAVE A BRO**



**MOVEMBER.COM**  
SIGN UP OR DONATE



Defence Health  
Integrated Wellness

**It's important to remember that health screenings can detect our concerns early when interventions are most effective. Get to know what feels and looks normal and book an appointment with your local Defence Health Centre (DHC) or GP if you have any concerns.**

## **Testicular cancer**

150 men are diagnosed, with 7 – 10 of males dying of testicular cancer in Aotearoa New Zealand every year. However, testicular cancer is almost always curable if it's found early, with a 95% survival rate.

Testicular cancer is the most common cancer for males between the ages of 15 and 39 but it can occur at any age. Symptoms can include changes in shape or size of the testicles, lumps and pain in the lower back, abdomen or testicles.

While changes may not indicate testicular cancer, it's important to be aware of what to look for and do regular self-checks, it could save your life. For more information see [Testicular Cancer NZ](#)

## **Prostate cancer**

In Aotearoa New Zealand there are 4000 prostate cancer cases every year, it is the most prevalent cancer for men in Aotearoa.

If you're a male aged over 50 years - or over 40 years of age if you have a family history of prostate cancer - talk to your local DHC or GP about organising prostate testing. Males should be tested every one to two years. Prostate testing can show changes in the cells before we notice them.

Prostate cancer symptoms can be difficult to pick up and can be confused with other health concerns. Symptoms can include difficulty or pain while peeing, or peeing more often than usual. Often there are no signs of early stage prostate cancer, so it's important that you monitor for any changes even if you're having regular prostate testing.

If you think you might be overdue for a prostate screening book in with your local DHC or GP today. For more information see the [Prostate Cancer Foundation NZ](#)

## **What do I need to know as a tāne in the military?**

Our NZDF Doctors are your General Practitioners and, along with the wider NZDF health team, they can look after all your holistic healthcare needs. This means the health team has a knowledge base across a broad range of health conditions and covers A to Z for your primary healthcare needs.

Being comfortable with who you see as a patient can make the difference between you going through the door for a check-up or avoiding the appointment. Some of us can find it easy to talk about our health with a provider of a specific gender. If this is the case for you, you can request access to a health care provider of a specific gender at your local DHC.

Health screenings detect potential concerns early, it's always easier to prevent something than fix it.



## Support Services

Looking for someone to speak with?

All Defence members and our wider community can contact 0800 NZDF4U (0800 693 348) for 24/7 wellbeing confidential support which includes both telephone and face-to-face support. This includes Regular Force, Civilians, Reserve Force, families and veterans.

<p><b>Social workers*</b></p> <p>Can support with all types of issues, including relationships, work/financial, family violence, health concerns, and cultural support.</p>	<p><b>Defence Health personnel</b></p> <p>Qualified health professionals can provide health and wellness advice and refer to specialist services.</p> <p>Contact your Defence Health Centre</p>	<p><b>CO/Manager</b></p> <p>Can support you with contacting professional help, and assist with work-related advice and changes to support you.</p>
<p><b>NZDF4U Wellbeing Support*</b></p> <p>24/7 CONFIDENTIAL helpline and counselling support for any mental health or wellbeing issues.</p> <p>0800 NZDF4U / Text 8881</p>	<p><b>Whānau &amp; Friends</b></p> <p>Can be great as a sounding board to discuss how you feel and what you are going through. If you seek other support, whānau can be involved if you wish.</p>	<p><b>Sexual Assault Prevention and Response Advisor*</b></p> <p>Can provide advice and support you with any issues relating to sexual violence, abuse or assault.</p>
<p><b>Chaplains*</b></p> <p>Can provide spiritual and pastoral support for you and your family for any issue.</p> <p>Self referral online available</p>	<p><b>Anti-Harassment Advisors*</b></p> <p>Can give advice if you think you're being bullied, discriminated against or harassed.</p>	<p><b>Defence Community Facilitator</b></p> <p>Can provide general support and advice for community issues, and signpost you towards specialist advice.</p>
<p><b>Defence Psychologist</b></p> <p>Can provide advice on strategies for optimising team and individual performance.</p> <p>Contact your Defence Health Centre.</p>	<p><b>Physical Training Instructor</b></p> <p>Can provide guidance on physical exercise and training.</p> <p>Contact your local NZDF gym.</p>	<p><b>Human Resources Advisor</b></p> <p>Can support you with work-related concerns with things like role, change and work-relationships.</p>

# How to Support a Bro<sup>1</sup> What to be aware of!

<sup>1</sup>[www.time-to-change.org.uk](http://www.time-to-change.org.uk)



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## I haven't heard from them in ages

It's possible that someone experiencing poor mental health might isolate themselves. Experiencing poor mental health can be really draining, and low moods or anxious feelings can make it tough to be sociable - they may also feel like their presence places a burden on their friends and family.

### Tips:

- Stay in contact and be yourself
- It might feel frustrating if you're putting in effort, but try and be patient - things are probably hard for them.
- They probably appreciate you being in touch even if they're not responding - a mental health problem can be overwhelming and can make it difficult to maintain a 'normal' social life.
- It could be nothing, but if you're mate's hard to reach, it might be a sign that they're not well, so stay in touch.

## Their appearance has changed

Sometimes the impact of experiencing poor mental health, combined with other pressures in life, can be too much for someone, and they might neglect to look after their appearance or body. Maybe they're not eating well, or they're not keeping up with personal hygiene.

### Tips:

- Ask them how things are going
- Listen, don't judge
- If they're feeling overwhelmed, you might be able to help them with particular tasks that they can't do. If it feels right, ask if there's anything you can help with.
- If your mate's going through a hard time, your attitude can be the difference.

## They are using social media differently

You might have noticed a change in the way your mate is using social media. For example, they might be posting way more or may have gone completely silent. It could be nothing, but it could also be a sign that they're experiencing a mental health problem. Either way, they may well need your support.

### Tips:

- Keep a close eye out for subtle changes in their language or the way they are using their social media pages i.e. posting cries for help or cryptic messages
- If you are still worried, send them a private message to ask how they are doing - they are more likely to respond to this than a public message.
- If they've completely disappeared from social media, try get in touch by other means or contact their friends & family.
- If your mate's going through a tough time, stepping in and showing you care could make all the difference.

## They seem distracted or absent

Your mate might seem more distant or distracted than usual. It could be nothing, but there might be something more serious on their mind. Either way, try not to take offence, as they may well need your support.

### Tips:

- Be patient, talk about everyday things, and don't change how you act around them
- Don't assume that it's a problem with you and take offence!
- You could ask them about what's on their mind.
- If you're mate's acting differently, don't shy away from it. They might need a friend more than ever.

# How to Support a Bro<sup>1</sup> What to be aware of!

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## They're saying unsettling things

Some people experiencing poor mental health may experience disordered thoughts or hallucinations. You might have noticed a friend having difficulty thinking, expressing unusual beliefs, or perceiving that things have changed around them. These could be early signs of psychosis, which sounds scary - but you can help them, by listening and helping them seek professional support should they need it.

### Tips:

- Try not to dismiss what they're saying/doing: it feels real for your friend, so don't make them feel stupid
- At the same time, don't encourage delusions, or agree that you also see or hear something that isn't there.
- This might be a bit unsettling for you, so reach out to talk to someone if you need to.
- You can be the difference to someone experiencing psychosis. No matter how daunting it may seem, it's scarier for them - listen, and don't shy away from it.

## They've mentioned taking their own life

Talking about suicidal feelings can save lives, so always take it seriously if a friend opens up to you. Asking them about suicidal feelings won't increase their risk of taking their own life - instead, it will show them someone cares, and give them an opportunity to talk through their problems.

### Tips:

- Don't shy away from the topic. Ask how they're doing, and if they're being cryptic, try to help them explain
- Try not to be judgemental or dismissive in response to what they've said
- If the person needs further support that you can't provide, signpost them to an NZDF Health provider or to the emergency services, depending on their needs.
- While it can seem scary, taking the time to allow someone to speak about how they're feeling can be a huge help.
- Contact Support services to see who to contact if you're worried someone is suicidal.

## They've told me they're not doing well

Firstly, it's good that your friend has opened up to you - it lets you know that they trust you, and you must be a good mate if you've created space for them to talk about what's happening. And there are some straightforward things you can do to help.

### Tips:

- You don't have to fix it, but being there will help them. Ask them if there's anything specific that you could do.
- Don't treat them differently - keep doing the things you'd normally do together.
- It might help you to find out more about their condition, if they mentioned one.
- How you respond when a mate opens up to you about their mental health can change their life. Be there for them.

**TĀNE TOA**

[tane.toa@nzdf.mil.nz](mailto:tane.toa@nzdf.mil.nz)

# Mental Health Conversation Starters

It's time we start talking about our mental health.

- It helps to have at least one or two people facilitating the conversation to get the ball rolling.
- Start the conversation however feels natural for you and your team.
- It's not always an easy topic to talk about, but it's important that we do.

## TŪ KAHA COURAGE

How can we show COURAGE to seek help when we need it and open up about how we're going?

E.g. reaching out to a trusted person, chatting to your Manager/Commander, seeing your Health Centre or GP

## TŪ TIRA COMRADESHIP

How can we show COMRADESHIP and ask a mate how they're going if we are worried about them?

E.g. simply asking 'How're you doing?' or 'I've noticed you haven't been yourself lately, is everything ok?'

## TŪ TIKA COMMITMENT

How can we make a COMMITMENT as a team to look after our mental health?

E.g. making an effort to talk to each other, reaching out to someone who might not be going okay, agreement to talk if things get hard

## TŪ MAIA INTEGRITY

How can we show INTEGRITY to do the right thing for our mental health even if it's hard?

E.g. telling my manager/Commander when I need support at work, taking time off when I need it, speaking up when something isn't good for me

**How many people know someone who has experienced difficulty with their mental health?**

(Raise your hand) note: the statistics show that 1 in 5 of us experience mental health difficulties

**What are some of the things you've noticed at work that help make our mental health better?**

E.g. asking how each other are going, manager/Commander helping with workload, flexible working, access to services, morning quiz with the team

**What does it look like when our mental health perhaps isn't so good?**

E.g. less engaged, quiet, lashing out, trouble sleeping, can't perform at work, drinking too much

**What can we do as a team to tackle stigma in NZDF about mental health?**

E.g. talking more often about mental health with each other, being open about what we need to stay well

**What does it look like when our mental health is good?**

E.g. good sense of humour, performing well, physically well

## TĀNE TOA



Grab a coffee



Get together with your team



Have a Chat



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