



MOVEMBER

**IN THE US, THE RATE OF MALE SUICIDE IS ALARMINGLY HIGH:
APPROXIMATELY 4 IN 5 SUICIDES ARE MEN.**

Movember looks at mental, physical and emotional health through a male lens, focusing on prevention, early intervention and health promotion.

DBH STAFF CAN PARTICIPATE IN MOVEMBER BY:



Growing a mustache/beard for the month of November (as long as it is appropriate with your MOU)



Decorating and submitting a fake or paper mustache. (You can also add the mustache to the outside of masks!)

Submit your photo from Nov. 15-18 on DBH Now to be entered into a raffle! Then, from Nov. 22-29, vote on the photos submitted!



VISIT DBHNOW.ORG OR CALL (909) 386-9720 FOR MORE INFO.



Behavioral Health
Public Relations and Outreach