

LET'S MAKE MEN'S HEALTH WEEK MATTER



See Your GP is all about encouraging men to take proactive steps for their health. Here are a few easy ways to get involved:

Host a morning tea or event

Get your team together over coffee and conversation. Create a relaxed space where men can talk about their health. Download our posters to make your event pop.

Host a health Q&A or panel session

Invite a local GP, men's health nurse or mental health expert to run a lunchtime info session. Offer a Q&A format or a short talk on topics like testicular health, or mental wellbeing.

Offer a 'GP check-in' day

Encourage men to book a health check by offering a paid half-day off. A simple incentive can make a big difference.

Share personal stories

Encourage leaders or team members to share a short story (in person or via email) about a time they saw their GP and caught something early or got the support they needed. Real stories make health messages stick.

Bring the GP to them

Consider inviting a local GP or nurse practitioner onsite to offer basic checks and advice during work hours. It's convenient and impactful.

Run a health quiz or checklist challenge

Create a simple health knowledge quiz or checklist based on our "Your Health Check Guide" guide. Offer a small prize or shout-out for participation to make it fun and engaging.

Promote telehealth during work hours

Make it easy. Let your team know they can use work time for a telehealth appointment. Workplaces can also make it even easier by organising a specific GP who offers telehealth and have staff book in over multiple days.

Distribute resources in high-traffic areas

Place printed checklists, brochures or postcards in kitchens, bathrooms, reception areas or work vehicles. A simple prompt in the right place can be powerful.

Create a 'See Your GP' pledge wall

Set up a whiteboard, wall or digital noticeboard where men can write down one thing they'll do for their health that week — like booking a check-up, getting bloods done or asking their GP about something they've been putting off.

Update your intranet or newsletter

Feature Men's Health Week content, including links to GP booking tools, mental health services and our Healthy Male resources. Make health part of your internal comms.

Share your photos on social media and tag #seeyourgp and #menshealthweek



Need resources? Visit seeyourgp.org.au to access printable posters and hand-outs, digital resources and talking points.

