



Speech By
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ADJOURNMENT

Men's Mental Health

 **Mr HUTTON** (Keppel—LNP) (9.21 pm): 'She'll be right, mate.' 'Keep calm and carry on.' 'Mei shi.' 'Hakuna matata.' These terms, taken from cultures throughout the world, tell us to have a quiet confidence that things will sort themselves out, that it is okay, that sometimes it cannot be helped, not to worry and to trust that everything will work out in the end. These sayings offer an appreciation that some things in life are beyond our control. Perhaps they ease the burden upon our collective shoulders just a little, maybe they provide some solace, yet the most important part of each and every one of these phrases is what comes next. 'She'll be right, mate. I'll come over this arvo and let's have a look at the engine together.' 'Keep calm. We'll try another way and sort it out.' 'We'll', 'let's', 'together'—words for collectivism, for shared action, for being and doing together what apart we cannot resolve or maybe just for today cannot handle.

Across Australia, a silent epidemic is leaving farms untended, families broken and parents distraught beyond grief. The rate of suicide for males is tragically high. This silent killer festers in loneliness, in isolation and in separation from family and friends. It thrives on problems that we face and sometimes we cannot solve alone. Depending on your geography, October is host to Mental Health Week, Mental Health and Wellbeing Month and a myriad of incredibly important days which raise the cause of Australians' mental health.

Tonight I wish to acknowledge the physical and mental health and wellbeing of our men and give thanks to those who reach out, those who check, 'Are you okay?' and those who stand up and are present. Next month, men across Australia, myself included, will be growing distinguished and furry trails across their upper lips, to give a face to the cause of men's health, raising awareness of the challenges some in our communities face.

Those furry creatures can also be a conversation starter, yet statistically we will lose another 200 men—some six a day with an average age of 45—before the end of November. When it comes to mental health, 'She'll be right, mate' does not work, unless the next sentence represents Queenslanders stepping up and looking out for their mates. It does not work unless Queenslanders are giving a friend a helping hand—Queenslanders helping to change the face of men's mental health in our communities.