

BE THERE FOR

A MAYEIGHT!!

For a lot of Aussie men, life gets busy and they lose touch with their mates. That leaves millions of guys at risk of feeling isolated - which can lead to depression or even worse, suicide.

That's why the Movember Foundation are proud to bring you a new men's health initiative - **MAYEIGHT!!**

The official date to catch up with a mate. Because catching up with mates and talking about stuff that matters can have a huge impact on mental health.

Grill'd are stoked to be on board too - offering mates a 2 for 1 MAYEIGHT!! burger deal on May 8.

Turn over to see how you can get involved.

MAYEIGHT!!
THE DATE TO CATCH UP WITH A MATE



GET INVOLVED IN MAYEIGHT!!

It's the simplest thing ever. Reach out to a mate and organise to catch up on May 8, 2016.

SAY MAAATE FOR MAYEIGHT!!

If you'd really like to show your support and help raise awareness, take the MAYEIGHT!! challenge on Facebook, by recording our signature video call-to-arms. Read below to find out how.



1. Pick a friend you want to challenge. Record a video of yourself saying: **'I'm about to say mate for MAYEIGHT!!'** Then yell **"Maaaaaaate!"** for as long as you can.

Once you run out of breath, check the clock to see how long your 'maaate!' was, and challenge your mate to beat it. **'Alright that was 25 seconds... I'm challenging Steve Jones to beat it. Who are you going to challenge Steve?'**




2. Post the video to Facebook, tagging the mate you're challenging, and our page @MAYEIGHT!!



3. Once you've got the challenge out, meet a mate at Grill'd for your 2 for 1 MAYEIGHT!! burger deal on May 8. Don't forget to say "Maaate" at the counter! Delish!

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Terms and conditions apply. Valid on May 8, 2016 only.