



HELPING YOUNG MEN SAVE EACH OTHERS LIVES BY CREATING A GENERATION OF LISTENERS.

The lighthouse project was created by a group of young men confronted by that fact that suicide kills more young men than anything else, and that this number is rising.

They wanted to shift the responsibility from a guy who needed to talk, to the many mates willing to listen.

The lighthouse is designed to be a tattoo, real or temporary.

When you wear the mark of the lighthouse, you are identifying yourself as a safe place for a mate to talk. You'll be there to listen and look out for him.



HOW YOU CAN GET INVOLVED

We want to get the Lighthouse Project out in the open, literally. We want young men all over the country wearing it, talking about it and learning what it means to be a Lighthouse.

We're asking tattoo artists all over the country to take the basic tattoo design and enhance it to reflect their own style, experience and commitment to the cause. These designs will feature on our coming site for Lighthouse guys to use and share on their bodies and social networks.

We're asking you to:

- take the basic design and embellish it to reflect your style and experience
- donate your design to the Lighthouse Project: send it to design@youngmensproject.com.au
- tell us why you wanted to get involved
- be an everyday advocate for better conversations about mental health

HOW TO BE A LIGHTHOUSE

Make conversations happen

If you think someone needs to talk, ask them how they really are and stick with it until they're ready. You are the right person to have this conversation.

Activities create conversations

Guys talk better when they're doing something together. So kick a footy, play a game, go for a drive, skateboard, surf, anything.

Time to listen

The Lighthouse Project shows your mates that you will listen. Let your mate know you're listening now.

Engage with what they're saying

Don't interrupt or judge. If a mate says he's doing it tough, then he is. There is no 'right' thing to say : just listening is enough.

Set up more support

Encourage them to reach out to family, friends, a GP, teacher, or a counselling service.

