

SUPPORTING MEN IN THE WORKPLACE

International Men's Day: November 19th

ABOUT THE DAY

International Men's Day (IMD) celebrates men and acknowledges the challenges they face. Observed in 80+ countries, it's a chance to both celebrate men's contributions and address issues like workplace fatalities, suicide, and underutilization of mental health support.

This day is part of building workplaces where everyone is valued, even small acts can make a big difference for helping men feel heard and supported.

WHAT EMPLOYERS CAN DO



Build awareness

- Add IMD to calendars or newsletters
- Mention in meetings or internal channels
- Put up a posters in the workplace



Celebrate men at work

- Invite stories about impactful men
- Recognize male mentors and role models
- Highlight fathers who've taken parental leave



Support men's health

- Highlight Movember throughout November
- Spotlight men's non-profits giving portals
- Offer donation matches or awareness drives



Host conversations

- Invite speakers or host workshops on men's wellbeing, mental health, and fatherhood
- Create open dialogue



Share resources

- Create opportunities to gather and share resources
- Share info on paid leave, work-life balance, and mental health



Additional resources

- [Movember](#)
- [Heads Up Guys](#)
- [Men's Health Network](#)
- [Equimundo](#)
- [International Men's Day \(Australia\)](#)

LEARN MORE AND SHARE

If you celebrate - please share on social media! #IMD2025

For additional resources or contact us to share your ideas, visit aibm.org.



Supporting men strengthens teams and communities. Acknowledge, include, and celebrate the men you work with this International Men's Day. Visit aibm.org for more.

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