MEDIA RELEASE	**International Men's Day: PSA call for establishment of men's workplace forums**
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The Public Servants Association (PSA) recognises International Men's Day and stands in solidarity with men across the globe to celebrate their contributions and highlight the importance of mental health, well-being, and gender equality.

This year's theme of "**Better Health for Men and Boys"** resonates with the Union's commitment to fostering an inclusive environment where individuals can thrive. Men play a vital role in communities, workplaces, and families. However, societal pressures and expectations often lead to challenges that can affect their mental and emotional health. The PSA encourages open conversations on these issues, emphasizing that seeking help is a sign of strength and not a weakness.

In celebrating the achievements of men, the PSA also recognises the importance of collaboration in achieving gender equality. It is essential to create spaces where men can express their vulnerabilities and support one another. The PSA is dedicated to advocating for policies that promote mental-health resources, work-life balance, and equitable opportunities for all. Together, we can build a future where every individual, regardless of gender, feels valued and empowered.

Men's Day is an opportunity to reflect on shared responsibilities and commit to fostering a culture of respect, understanding, and support for everyone. The PSA urges all employers to create a conducive environment where men's issues can be addressed, including establishing a men's forum in the workplace.

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