



Grow a moustache for November

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November is a global phenomenon and annual event - Grow a moustache to raise awareness of health conditions and issues that affect men : [prostate cancer](#), [testicular cancer](#), [mental health](#) and [suicide prevention](#).

Every year 10,000 men die of prostate cancer and suicide is the biggest cause of death in men under 50. Globally a man dies from suicide every minute.

November is aiming to slash these rates by 25 per cent by 2030 and is working with several mental health initiatives in order to achieve that goal.

But it isn't just mental health issues that are taking men's lives too soon. Prostate cancer and testicular cancer claim far too many lives because men aren't willing to talk about it with their GP.

Testicular cancer is one of the most treatable male cancers with a 95 per cent survival rate if it is caught early.

How you can join

The first thing you need to do is [register](#).

Once signed up, you can decide whether you're working alone, or whether you want to team up or join another "pack".

There are also [events to join](#) such as fun runs or attend the MoRunning Greenwich.

You could even host your own party for you and your mates to compare facial growth.

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