

November 2026

A Chapter and Member Guide to Growing, Moving, Giving, and Having Fun With It

Every November, Psi Upsilon brothers and alumni put down the razor, pick up a fundraising page, and spend a month doing something our Fraternity has always been good at: **looking out for each other**. Movember funds men's health research and programs in three areas — mental health and suicide prevention, prostate cancer, and testicular cancer — and it gives an entire chapter a reason to talk openly about subjects men usually avoid.

This guide is everything a chapter or an individual member needs: how to set up a page, how to raise money, how to raise *awareness* — which matters just as much — and how to make sure everyone can take part, including the brothers, partners, and friends who can't or don't want to grow a mustache. **Never done Movember before? Start with the first section — it explains the whole thing in a page. This guide lives at psiu.org/movember, along with sign-up instructions, our network link, and everything else the Fraternity posts about Movember.**

New to Movember? Start Here

If you have never done this before, here is the whole thing in a page.

What is Movember?

Movember is a global men's health charity — in the United States a registered 501(c)(3) nonprofit, so donations are tax deductible. Every November, people around the world grow mustaches, move, and host events to raise money and awareness for men's health in three areas: **mental health and suicide prevention, prostate cancer, and testicular cancer**. The mustache is the point of contact: it is strange enough that people ask about it, and the answer is the awareness.

When is it?

November 1 through November 30. Sign up any time — before, during, or even late in the month — but the tradition is to start clean-shaven on November 1.

What does it cost to take part?

Nothing. Signing up is free, there is no registration fee and no minimum you must raise. Donations go directly to Movember through your page — the money never passes through your hands or your chapter's bank account.

What does “growing a Mo” actually mean?

“Mo” is short for mustache. The tradition is simple: start November 1 clean-shaven, then grow and groom a mustache — a mustache, not a beard or a goatee — for the 30 days. Nobody polices it, and a patchy, unconvincing result is part of the fun and honestly better for conversation.

Do I have to grow one?

No. There are four official ways to take part, and you can combine them:

- **Grow a Mo** — grow a mustache for the month.
- **Move for Movember** — walk or run 60 miles across the month, one mile for each of the 60 men lost to suicide every hour worldwide.
- **Host a Mo-ment** — “Mo-ment” is Movember’s word for an event: a dinner, a trivia night, a bake or food sale, a tailgate.
- **Mo Your Own Way** — set your own challenge and collect pledges for it.

Movember’s community has always been “Mo Bros and Mo Sisters,” so women, partners, and friends are welcome in every one of these. See *Everyone Can Take Part* later in this guide.

Three words you will see everywhere

- **Mo Space** — your personal fundraising page on movember.com, with your photo, your goal, and the link you share.
- **Team** — a group of participants fundraising together under one name, with a combined total. Your chapter should have one.
- **Network** — a group of teams. The **Psi Upsilon Fraternity Network** is ours: joining it adds your total to the Fraternity’s and enters us in Movember’s Fraternity Challenge against other fraternities.

What happens to the money?

Movember funds men’s health research, treatment, and prevention programs worldwide — more than 1,320 projects since 2003. Your page shows your total, your team’s, and the network’s, so everyone can see where they stand.

So what do I actually do?

Sign up at movember.com, join your chapter’s team, join the Psi Upsilon Fraternity Network, tell people why you are doing it, and ask them to chip in. The rest of this guide is how to do each of those well.

Why Psi Upsilon Does This

- Men are dying young from causes that are largely preventable. Changing that is why Movember exists — and why the Fraternity keeps showing up for it.
- The numbers are worst for men our members’ age. Suicide is the second leading cause of death for Americans aged 15–34, and testicular cancer is the most common cancer in men aged 15–39.
- Brothers turn to brothers first. The research behind our Psi U Cares program found that fraternity members are twice as likely to turn to a brother as to anyone else when they are struggling. That makes a chapter house one of the most important mental health resources on a campus — whether or not anyone in it realizes it. It is also exactly why knowing when to hand off to a professional matters.
- We already have a legacy here. In 2014, Michael Dellon, Pi ’17, started a Movember team with five to seven brothers of the Pi Chapter at Syracuse and called it “Boys Things.” It is now a roughly 70-member team, more than half of them Pi brothers and alumni, and it raised \$187,980 last year — having already finished as high as 4th in the United States and 8th in the world back in 2022. In 2025, the Pi, Beta Beta, Tau, Omicron, and Alpha Omicron Chapters helped Psi Upsilon place 4th overall in Movember’s national Fraternity Challenge.

Movember also fits squarely inside **Psi U Cares**, the Fraternity's mental health initiative first recognized at the 173rd Convention in 2016 and reaffirmed in 2021. Psi U Cares asks every chapter to name a Health and Wellness Chair, to engage in service and advocacy around mental health, and to host at least one mental health awareness event each year. **A Movember campaign can satisfy all three pillars at once.**

Setting Up on Movember.com

Everything runs through **movember.com** or the Movember app. Setting up your own page takes about ten minutes; registering a chapter team and joining our network takes about twenty. It works the same whether you are an undergraduate in a chapter of forty or an alumnus in a city with no other Psi U's nearby.

Step 1 — Create your account and your Mo Space

Sign up at movember.com or download the Movember app, and you get a **Mo Space** — your personal page and the link you will send to everyone you know. Fill it in properly; a blank page raises almost nothing.

- **Add a photo.** A clean-shaven November 1 photo to start, updated as the month goes on.
- **Set a personal goal.** Anything is fine — \$100, \$250, \$500. Pages with a goal raise far more than pages without one.
- **Write two or three sentences about why you signed up.** Personal beats generic. A brother, a father, an uncle, a friend, your own health, or simply “this is the age group these numbers are about.”
- **Choose how you are taking part:** Grow a Mo, Move for Movember, Host a Mo-ment, or Mo Your Own Way. You can do more than one.
- **Download the app.** It tracks your miles, hosts your page, and makes sharing to social media one tap.

Step 2 — Join or start a team (strongly encouraged)

Teams raise more than individuals — more people asking, more events, more visibility, and a leaderboard to chase. **Undergraduates:** find your chapter's team and join it, or start one if nobody has yet. Whoever registers the team becomes captain; your Philanthropy Chair or Health and Wellness Chair is the natural person to hold it. **Alumni:** join your undergraduate chapter's team, join an existing Psi U team such as the Pi Chapter's Boys Things, or start one where you live — an alumni association team, a city team, a class-year team.

Step 3 — Join the Psi Upsilon Fraternity Network

Search “**Psi Upsilon**” on the Movember platform and join the Psi Upsilon Fraternity Network under Challenges. It rolls every chapter, team, and individual total into one Psi Upsilon number, puts us on the national Fraternity Challenge leaderboard, and lets brothers see how they stack up. Instructions live at psiu.org/movember.

Joining also puts us in the **Fraternity Challenge** — Movember's friendly competition among fraternities to see who can make the largest impact. Dozens of fraternity teams from across the country compete on one leaderboard, and every dollar your chapter raises moves Psi Upsilon up it. Watch the standings all month at us.movember.com/mospace/network/view/id/50983

Participating on your own? **You can still join the Psi Upsilon Fraternity Network as an individual.** You may just be mo'ing alone, or be a part of another team (work, sports) but that doesn't mean you have to stay out of the challenge. Sign up, join the network, and your dollars still count toward Psi Upsilon.

Step 4 — Ask, in this order

Family first — they are by far the most likely to give. Then hometown friends, then classmates, then chapter alumni, then local businesses you already spend money at. Ask your Alumni Association or House Corporation for a **matching gift**; a \$500 match becomes a \$1,000 headline and a reason to post again. Ask directly and personally: a text to one person works better than five posts to everyone.

Move for Movember — 60 Miles in November

Movember's movement challenge is **60 miles over the month** — one mile for each of the 60 men lost to suicide every hour around the world. That is two miles a day, walked or run, and the mileage number *is* the awareness message. When someone asks why 60, you get to tell them.

This is also the single best on-ramp for anyone who cannot or will not grow a mustache. It is completely equal footing, it has its own fundraising page, and the Movember app tracks it for you — log a walk or sync your activity, and your progress posts to your Mo Space automatically so donors can watch you chip away at it.

Ways chapters run it

- **Chapter relay.** Pool everyone's miles toward a house goal — 60 miles per brother, or 1,000 miles for the chapter. Post the running tally weekly.
- **Standing group run or walk.** Same time, three mornings a week, all month. Open it to anyone on campus and it becomes a recruiting and awareness event at once.
- **Pledge per mile.** Donors sponsor a nickel, a dime, or a dollar a mile. The running total gives you something to post about every few days.
- **Finale mile.** Close the month with everyone walking the last mile together, in mustaches, with a sign explaining what the 60 stands for.
- **Add the gym, the pool, the court.** Movember counts movement, so swap in laps, rides, lifts, or anything else your members will actually do — the point is participation, not the sport.

Money and Awareness Count Equally

It is easy to treat Movember as a fundraiser with a mustache attached. It is not. **Awareness is half the mission — and for a college chapter, it may be the more valuable half.** The dollars fund research and programs somewhere else. The conversations happen right where you are, among men in exactly the age range the statistics are about.

So run the month with both goals in view, and build awareness into every single thing you do:

- **Say the word Movember everywhere.** On the sign, on the table, on the post, on the ticket, in the caption. If someone leaves your event not knowing it was for Movember, the event only did half its job.
- **Say what Movember funds.** "Mental health and suicide prevention, prostate cancer, and testicular cancer." Twelve words. Put them on the sign and say them out loud at every event.
- **Somebody speaks at every event.** Thirty to sixty seconds, once, in the middle when the crowd is biggest: what Movember is, one statistic, and what you want people to do — get checked, check on a friend, donate. Then get back to the fun.

- **Make the statistics visible.** A poster or a table tent with three numbers does work while you are busy taking money. Use the talking points later in this guide.
- **Every flyer gets a QR code** pointing to your team or personal Movember page.
- **Post the why, not just the total.** Brothers explaining in their own words why they signed up outperform a fundraising thermometer every time.

A good test: if a stranger walked past your event, would they learn what Movember is, what it funds, and how to help — without talking to anyone? If not, add a sign.

Post Everything — Visibility Is the Whole Point

A mustache nobody sees raises nothing. Social media is not decoration on a Movember campaign; it *is* the campaign. It is how your ask reaches the aunt three states away, the alumnus from 1994 who still follows the chapter, and the 200 students who will never walk past your table. Chapters that post all month consistently out-raise chapters that post twice — and every post is a piece of awareness for people who will never give a dollar.

Name a social lead on day one

Give one brother the job: posting, stories, photos, video, and chasing everyone else for content. It is a real role, it is a great job for a member who cannot or will not grow a mustache, and it is often worth more to the campaign than any single fundraiser.

What to post, all month

- **November 1:** the clean-shaven team photo, the chapter goal, and the link. This is your launch.
- **The ugly stage.** Weeks one and two are patchy and unflattering, and that is exactly why people engage. Lean into it.
- **Your “why.”** A brother saying in his own words why he signed up outperforms every graphic you will ever make. Get several.
- **A statistic a week.** Pull from the talking points in this guide. One number, plainly stated, with what to do about it.
- **Event promotion — three times.** Before, with time and place. During, in live stories. After, with the photos, the total, and the thank-you.
- **Mileage updates.** The Movember app posts your progress automatically. “412 miles of our 1,000 — 588 to go” is a post that writes itself.
- **Donor thank-yous by name** — with permission. Nothing prompts a second wave of giving like watching friends get recognized.
- **Milestones.** Halfway to goal, goal met, goal beaten. Every milestone is a reason to post the link again.
- **November 30:** the final mustache reveal, the group photo, and the total. Then thank everyone.

Rules for every post

- **Say it is for Movember, and say what Movember funds.** A photo of brothers with mustaches and no explanation is a missed opportunity, not an awareness post.

- **Put the link in every post** — in the caption, the bio, the story sticker, the QR code on the flyer. Make donating one tap.
- **Use #Movember**, plus your chapter and campus hashtags, and tag the Fraternity's accounts and your campus Greek Life so they can reshare you to a far larger audience.
- **Video beats photos; stories beat posts for frequency.** Aim for something in stories most days and a real post once or twice a week.
- **Everyone shares to their own accounts, not just the chapter page.** Forty members posting to their own followers reaches more people than any chapter account can.
- **Ask before you post someone's story.** Mental health and illness are personal. Get explicit permission every time, and never publish details of a death by suicide beyond what a family has already shared.
- **Send your best material to the International Office.** Email Justin Sines at justin@psiu.org and we will reshare it to the full Psi Upsilon audience — it is how chapters end up featured on psiu.org.

Movember's site and app include free graphics, posters, and one-tap sharing. Use them rather than building from scratch.

The Fundraiser Playbook

Pick one or two and do them well. The best chapter fundraisers are cheap to run, funny to watch, impossible to walk past — and unmistakably branded as Movember.

- **Pie a Psi U.** Whipped cream pies, a tarp, and a price list — \$5 for a pie, \$20 to pick the target, \$50 to pie the chapter president. *To make it work:* pick the highest-traffic spot on campus at the busiest hour, recruit the most recognizable brothers as targets, and have somebody filming for social the whole time.
- **Shave party / shave down.** Two versions, both work. A November 1 kickoff where donors pay to shave a brother's beard into increasingly regrettable shapes, or a November 30 finale selling the right to choose the final mustache style. *To make it work:* sell the choice, not the shave — people pay for the power to embarrass someone — and take clean before-and-after photos for the year-end post.
- **Food sales.** The Pi Chapter at Syracuse sells **late-night quesadillas** when campus is hungry and the dining halls are closed, and it is close to unbeatable. A bake sale, grilled cheese, breakfast sandwiches, or pancakes work on the same logic. *To make it work:* go where the hungry people already are at the hour they are hungry, keep the menu to one or two items so the line moves, get the ingredients donated by a local business or a parent so your cost is near zero, and put a Movember sign on the table so it is not just a food sale.
- **Mustache bracket.** A single-elimination tournament for the best — and worst — mustache on campus. \$1 a ballot, vote as often as you like, champion crowned November 30. *To make it work:* run the voting online so it spreads past your campus, and post the matchups daily.
- **Sponsor a Stache.** Brothers get pledged by the day or the inch. *To make it work:* aim it at alumni — it is a small ask with a running punchline and a weekly photo update.
- **Gaming or trivia tournament.** Entry fee, bracket, streamed with the donation link in the description. *To make it work:* it reaches people who will never walk past your table, so lean on the stream chat and put the Movember explanation in the stream title.
- **Faculty, coach, or dean challenge.** Get an administrator to grow one — or take a pie — if the chapter hits a number. *To make it work:* ask in October, and tell campus communications; they will cover it for you and do your publicity.

- **Chapter dinner, tailgate, or Mo-ment.** A ticketed event where somebody actually speaks for five minutes about why this matters. *To make it work:* invite a campus counseling center staff member or an alumnus with a story, and pair it with your Psi U Cares programming.
- **Parents' Weekend and Homecoming tables.** The highest-value donors your chapter will see all year walk right past you on those two weekends. *To make it work:* have a QR code, a card to hand out, and one brother whose only job is explaining what Movember funds.
- **Car wash, jar at the door, dues-night add-on, merch.** Old, simple, and they still work when the sign is clear about where the money goes.

Whatever you choose: name it after Movember, price it simply, take digital payment, and have somebody speak once while the crowd is biggest.

Bring In a Speaker

The strongest thing a chapter can do in November costs nothing to run. **Devote one chapter meeting, dinner, or open event to a speaker on men's mental health.** It is the awareness half of Movember done properly, it satisfies the Psi U Cares annual mental health awareness event, and it is the part brothers remember years later.

Who to ask

- **Your campus counseling center.** Most will send a clinician to a fraternity house for free, and most rarely get asked. Ask in October.
- **A chapter alumnus with a story** — about his own mental health, a cancer diagnosis, or a brother he lost. Ask privately, give him an easy way to decline, and never pressure anyone to tell a painful story.
- **The American Foundation for Suicide Prevention** (afsp.org), which has local chapters and trained volunteer speakers, plus the Out of the Darkness Walks — community fundraising walks for suicide prevention that Psi U Cares already points chapters toward.
- **A physician, urologist, or student health provider** to cover testicular self-exams and prostate screening — practical, specific, and directly relevant to men aged 15–39.
- **A coach, chaplain, athletic trainer, or faculty member** whom your members already trust and will actually listen to.

Make it land

- Open the room to the whole campus, or co-host with another chapter or a sorority. More people, more awareness, and it doubles as a fundraiser if you pass the hat.
- Put it mid-month, when mustaches are peaking and people are already asking questions.
- Close with specifics: the campus counseling number, 988, and the four ALEC steps below. Do not end on a statistic — end on what to do.
- Let brothers talk afterward. The conversation in the room after the speaker leaves is usually the point.

Everyone Can Take Part — No Mustache Required

We want brothers growing mustaches; it is the visible, ridiculous, conversation-starting heart of the whole thing. But a campaign that *only* works for men who can grow facial hair leaves out the people most likely to help you win: sisters, partners, girlfriends, mothers, sorority chapters, faculty advisors, alumni spouses, and plenty of

brothers who cannot grow one, are not allowed to, or simply do not want to. Movember's own community has always been "Mo Bros *and* Mo Sisters." Build the campaign so all of them have a job.

Ways to participate without growing

- **Move for Movember.** 60 miles across the month, tracked in the Movember app, on completely equal footing with every grower. See the section above — this is the best option for most people.
- **Host a Mo-ment.** Organize the dinner, the trivia night, the food sale, the tailgate. Event hosts often out-raise mustache growers.
- **Mo Your Own Way.** Movember's catch-all: set any personal challenge and collect pledges for it — a month without a bad habit, a daily cold plunge, 30 days of something hard.
- **Take a chapter job.** Team captain, treasurer, social media and storytelling lead, photographer, event chair, alumni outreach, or judge of the mustache bracket. These roles decide whether a campaign raises \$500 or \$5,000.
- **Fake-mustache day.** Stick-on mustaches for everyone at an event, a game, or a chapter photo. It is a great equalizer and an even better photo.
- **Partner up.** Co-host with a sorority, a residence hall, a club team, or another Greek chapter. Invite them onto your team page rather than running a competing one — shared totals, shared crowd.

Say it out loud

Announce at the kickoff that **nobody is required to grow anything**. Brothers on athletic teams, in ROTC, in co-ops or clinical placements with grooming standards, with religious or cultural practices around facial hair, with skin conditions, or who simply cannot grow one after thirty days should never feel like they are on the outside of their own chapter's philanthropy. The ask is participation, not a mustache.

"Why Are You Growing a Mustache?"

This question is the whole strategy. Keep two or three answers in your back pocket. Say the number, then say what you want the person to do about it.

The fact	How to say it
Suicide takes about 60 men worldwide every hour — one a minute.	"Movember's number is 60 men an hour, worldwide. That is one every minute. That is why we walk 60 miles."
About 80% of U.S. suicide deaths are men — roughly four times the rate of women.	"Four out of five people who die by suicide in this country are men, at about four times the rate of women."
Suicide is the second leading cause of death for Americans aged 15–34.	"For guys our age it is the second leading cause of death. It is not a middle-aged problem. It is a right-now problem."

The fact	How to say it
Testicular cancer is the most common cancer in men aged 15–39 — and highly survivable when caught early.	“It is the most common cancer for men our exact age, and it is very survivable if you catch it. Check yourself once a month. It takes a minute.”
Roughly 10.8 million men worldwide are living with or beyond prostate cancer.	“Ask your dad and your uncles when they last talked to a doctor about prostate screening. That conversation is part of what this month is for.”
Fraternity members are twice as likely to turn to a brother as to anyone else.	“We are already the people our brothers come to. Psi U Cares is about making sure we know what to do when they do.”

If someone opens up to you

Movember teaches a four-step framework called **ALEC — Ask, Listen, Encourage action, Check in** — and it is also on the Psi Upsilon Movember page:

- **Ask.** “You haven’t seemed like yourself lately — what’s going on?” Then ask twice.
- **Listen.** Give them your full attention. Do not fix it, do not one-up it, do not fill the silence.
- **Encourage action.** Sleep, food, movement, and — if it has been going on a while — the campus counseling center. Offer to walk over with them.
- **Check in.** Follow up in a few days. The follow-up is the part that people remember.

And know your limits. You are a brother, not a counselor. If someone tells you he is thinking about suicide, do not carry it alone: stay with him and call or text 988 together, or 911 if he is in immediate danger. Getting a professional involved is the right move, not a betrayal of his confidence.

Chapters should also have their Health and Wellness Chair — the officer who leads mental health programming — complete the **Be There Certificate**, a free online course on how to support someone who is struggling, and know the campus counseling number and 988 — the Suicide and Crisis Lifeline — before November starts. Every new member already sees this material in **Tightrope**, the Fraternity’s required online risk management program.

Running It Right

- **Route every dollar through your Movember page.** Donations made on the platform are receipted and tracked automatically and count toward the Psi Upsilon total. Do not collect pledges through a brother’s personal Venmo or a cash box; if you take cash at an event, one officer deposits it and makes a single team donation, with a written record.
- **No alcohol.** Fundraising events must follow Psi Upsilon’s risk management policy and your campus rules. No event where alcohol is sold, served, or is the draw.
- **Clear it with campus.** Tabling, food sales, and outdoor events almost always need approval from Greek Life, student activities, or dining services. Ask in October, not the night before.
- **Use Movember’s materials.** Posters, logos, and social graphics are free on the Movember site. Do not redraw the logo.

- **Handle stories with care.** Brothers may share something personal at a kickoff or on social. Get permission before repeating anyone’s story publicly, and never publish details of a death by suicide beyond what a family has already shared.
- **Photograph everything.** Clean-shaven day one, the event, the speaker, the final mustaches, the check. Photos are how you get alumni to give next year — and how you get into The Diamond, the Fraternity’s magazine, and onto psi.u.org.

Month at a Glance

When	What happens
Early October	Name a captain. Register the chapter team. Join the Psi Upsilon Fraternity Network. Set the goal. Invite a speaker.
Mid-October	Recruit the chapter and your non-growing participants. Pick your signature event and reserve the space. Ask alumni for a match.
Late October	Announce to alumni, parents, and campus. Everyone builds a Mo Space, sets a goal, and writes their “why.” Make the signs.
November 1	Clean-shave kickoff and team photo. Miles start counting. Launch post goes up — every member shares it.
Week 1	First personal asks go out — family first. Post the ugly early-stage photos, a statistic, and the first mileage tally.
Week 2	Signature fundraiser. Somebody speaks at it. Share the running total and thank donors by name.
Week 3	Speaker or Psi U Cares mental health event, open to campus.
Week 4	Final push, mustache bracket finale, group finale mile, and the last alumni ask before December 1.
Early December	Thank every donor. Celebrate the total. Hand your notes and contacts to next year’s chair.

Have Fun With It

One last thing, and it is not a throwaway. **Movember is supposed to be fun.** The bad mustaches, the pie in the face, the bracket, the quesadillas at one in the morning — that is not a distraction from the serious part, it is the delivery system for it. The month is funny on purpose, because funny is what gets a stranger to ask a question and a brother to say something true. Chapters that treat Movember as a chore raise a few hundred dollars. Chapters that enjoy themselves raise thousands and have a better November.

And keep the scale of it in mind. One chapter, a handful of brothers, and a month of not shaving turned into a team that raised nearly \$188,000 in a single year — plus more than a decade of conversations on one campus about things men do not talk about. Your chapter does not have to start big. It just has to start.

Tell Us What You Did

The most important administrative step in this guide is the one that is easiest to skip: **join the Psi Upsilon Fraternity Network**. It is not paperwork. It is how we know you are out there.

Chapters and members on the network show up on our side automatically — dollars raised, miles logged, photos posted. We follow it all month, your totals roll into the Fraternity's, and we use what we see to feature chapters on psiu.org and across Fraternity social media. You never have to fill anything out or send us a summary.

If you are not on the network, none of that happens. A chapter can run a terrific campaign — a few thousand dollars raised, a packed speaker event, a hundred pies to the face — and the Fraternity will never know about it, and none of it will count toward our standing in the Fraternity Challenge. **Please take the two minutes and join.**

Reporting is not required, but we would love to hear from you. Contact **Justin Sines, Chapter Services Coordinator**, at justin@psiu.org when:

- Your chapter needs guidance or support getting set up, or the network step is not working.
- You have a story worth telling — a brother's reason for signing up, an event that worked far better than expected, a total nobody saw coming.
- You have good photos or video from the month.
- You did something this November and are not on the network. Tell us anyway, so your chapter gets the credit — and get on the network next year.

These stories are how chapters get recognized, and how next year's chapters learn what works.

Links and Resources

- Psi Upsilon's Movember page — how to join the network, plus fundraising and mental health resources: psiu.org/movember
- The Fraternity Challenge leaderboard: us.movember.com/mospace/network/view/id/50983
- Psi U Cares: psiu.org/psi-u-cares
- Last year's Psi Upsilon results: psiu.org/psi-upsilon-makes-an-impact-on-the-movember-foundation
- Movember sign-up, the Movember app, fundraising tools, and health information: movember.com
- American Foundation for Suicide Prevention, including Out of the Darkness Walks and local speakers: afsp.org
- Free Movember posters, social graphics, and one-tap sharing: in the Movember app and on movember.com
- **Canadian chapters:** sign up through ca.movember.com so your donors receive Canadian tax receipts. Everything else in this guide applies as written.