Mental Health is important for everyone, but statistically men do not prioritize their mental health or seek the care they deserve when they are suffering with a mental or emotional challenge. Men tend to notice physical changes before they acknowledge mental health changes. According to NIMH men “are more likely to see their doctor about physical symptoms than emotional symptoms.” During these visits to the doctor, one may learn that physiological symptoms are actually being caused by mental health.

TIPS TO SINK YOUR TEETH INTO

• Pay attention to changes in your physical, mental & emotional health
• Trust your gut, avoid unhealthy coping strategies & if something doesn’t feel right, don’t ignore it
• Explore support options that are in your comfort zone (virtual or in person)
• Be aware of your own stigmas & prejudices
• Know the Five Signs of Emotional Suffering & trust your instinct to reach out when you need to
• Practice Healthy Habits of Emotional Wellbeing to empower your own resiliency
• Ask for support, it’s a sign of strength
• By caring for yourself, you are strengthened to care for others
• Accept help & listen to others when they share their concern for you