



Speak Up: Men's Mental Health Matters

Breaking the stigma and encouraging conversations

1 in 8 men experience depression and 1 in 5 will experience anxiety at some stage of their lives, yet many don't feel comfortable talking about it.

It's time to break the silence and speak up about men's mental health.

Talking openly about mental health reduces stigma and opens the door to seeking help.

How to Start the Conversation:

- Ask a friend or family member how they're really feeling.
- Be open about your own struggles to encourage others.
- Show empathy and avoid judgment.
- Offer support and resources.



SIX MHA APP Code - PLA-748-327

Resources for Men's Mental Health:
Six MHA Triage line / Hub of Hope / Boys Get Sad Too

Helpline | helpline@sixmha.org