



# International Men's Day

## Men Struggle Too



### *Acknowledging Men's Mental Health Challenges*

Society often overlooks the mental health struggles men face. On this International Men's Day, let's recognize that men face anxiety, depression, and emotional challenges too.

Stigma and societal expectations can make it hard for men to speak up about their struggles. It's OK not to be OK.

#### Ways to Support Men's Mental Health:

- Encourage men to talk about their feelings.
- If you notice someone is acting different to usual, approach the subject.
- Offer a safe space to listen without judgment.
- Promote open discussions about mental health.
- Share resources and helplines.
- Sometimes people just want support and not advice, be wary of this, they are two different things entirely.

IT'S OKAY  
to get  
#itelp?



#### Mental Health Resources for Men:

Six MHA Triage Line | Men's Health Forum | Movember Foundation