

# MEN AND MENTAL HEALTH: STARTING THE CONVERSATION

TALKING ABOUT MENTAL HEALTH ISN'T WEAKNESS — IT'S LEADERSHIP.

FOR GENERATIONS, MEN HAVE BEEN TOLD TO "TOUGH IT OUT." BUT REAL STRENGTH IS KNOWING WHEN TO CHECK IN WITH YOURSELF — AND WHEN TO SPEAK UP.

TODAY, MORE MEN ARE OPENING UP ABOUT THEIR MENTAL HEALTH — AND SUPPORTING EACH OTHER ALONG THE WAY. WHETHER YOU'RE NAVIGATING STRESS, BURNOUT, OR JUST FEELING OFF, YOU'RE NOT ALONE — AND THERE'S NO SHAME IN WANTING TO FEEL BETTER.

- **WHY THIS CONVERSATION MATTERS**

MILLIONS OF MEN DEAL WITH STRESS, ANXIETY, OR DEPRESSION — AND MANY DON'T REALIZE IT.

MEN OFTEN SHOW DIFFERENT SIGNS THAN WOMEN — AND MAY COPE IN SILENCE.

HAVING HONEST CONVERSATIONS HELPS BREAK STIGMA AND OPENS THE DOOR TO SUPPORT.

MENTAL HEALTH IS JUST HEALTH. LET'S TREAT IT THAT WAY — TOGETHER.

- **COMMON SIGNS TO WATCH**

- FEELING CONSTANTLY TIRED OR RESTLESS
- LOSING INTEREST IN THINGS YOU USUALLY ENJOY
- GETTING EASILY FRUSTRATED OR SHORT-TEMPERED
- TROUBLE SLEEPING OR FOCUSING
- WANTING MORE TIME ALONE THAN USUAL
- USING SUBSTANCES OR DISTRACTIONS



NOT EVERY STRUGGLE LOOKS THE SAME — AND YOU DON'T HAVE TO WAIT FOR A CRISIS TO ASK FOR HELP.

## SIMPLE WAYS TO TAKE CARE OF YOUR MENTAL HEALTH

- **TALK IT OUT.**

CHAT WITH A FRIEND, FAMILY MEMBER, OR SOMEONE YOU TRUST.

BE REAL — EVEN A SHORT CONVERSATION CAN LIGHTEN THE LOAD.

- **TAKE A BREATHER.**

TRY A WALK, WORKOUT, JOURNALING, OR A 5-MINUTE RESET.

FIND SOMETHING THAT HELPS YOU RECONNECT WITH YOURSELF.

- **ASK FOR SUPPORT.**

THERAPY ISN'T JUST FOR "BIG PROBLEMS" — IT'S A SMART TOOL FOR MANAGING LIFE.



## YOU'VE GOT OPTIONS

- 988 SUICIDE & CRISIS LIFELINE – CALL OR TEXT 988, 24/7
- HEADSUPGUYS.ORG – MENTAL WELLNESS TOOLS AND TIPS MADE FOR MEN
- THERAPYFORBLACKMEN.ORG – THERAPIST DIRECTORY + SUPPORT
- MANTHERAPY.ORG – MENTAL HEALTH WITH HUMOR, MADE FOR WORKING MEN



FOR MORE INFORMATION ON MEN AND MENTAL HEALTH, VISIT:  
[WWW.NIMH.NIH.GOV/HEALTH/TOPICS/MEN-AND-MENTAL-HEALTH](http://WWW.NIMH.NIH.GOV/HEALTH/TOPICS/MEN-AND-MENTAL-HEALTH)



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