

From Stigma to Strength: Men's Mental Health

Key Takeaways

1

Masculinity Myths that Perpetuate Mental Health Stigma



Myth 1
Real men don't cry



Myth 2
Seeking help is a sign of weakness

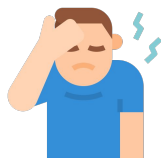


Myth 3
Talking about mental health makes you less of a man

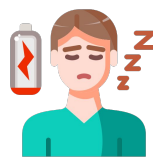
2

Mental Health Struggles Among Men Aren't Always Visible

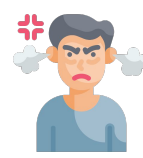
Mental health challenges in men can often be invisible and manifest in non-obvious ways, such as –



physical symptoms
like headaches or
muscle tension



fatigue



irritability/
frustration



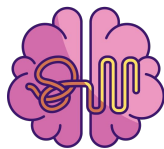
When stress, frustration, or physical exhaustion go unaddressed, men are at greater risk of developing more severe mental health issues, such as depression, substance abuse, or even suicidal thoughts.

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Strategies to Support Men in Mental Health Conversations



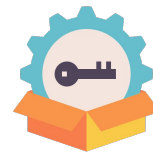
Reframing the Stigma

Changing the narrative around men's mental health can shift attitudes and reduce shame



Normalise Conversations Around Mental Health

Encourage frequent discussions about mental health



Championing Resources and Access to Help

Ensure that mental health resources are visible

Need a bit more help?

Discuss with your coach on how else you can support men in mental health conversations!



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

