

Monthly engagement toolkit is live | November 2025 Men's Mental Health

Hello,

This month, explore resources to help break down stigma around men's mental health and offer practical ways to nurture the well-being of everyone.

Instructions:

1. Access the toolkit [here](#) using your organization's access code.
2. Review this month's engagement toolkit, which includes:
 - **Featured articles on:**
 - Breaking down stigma to support men's mental health and well-being.
 - Why it's important to open up emotionally and how to get started.
 - Understanding and supporting teenagers' emotional ups and downs.
 - Helping men and boys have positive body images.
 - **Quick-hit guide** on 8 great ways to nurture your mental health and well-being.
 - **Quick-hit article** on how mental health concerns may affect men and women differently.
 - **Interactive** conversation cards to help caregivers talk about difficult topics.
 - **Quick insight** "A man's guide to mental health" from Uptime.
 - **Member training course** "Men's mental health."
 - **Manager training resources**, including the podcast "Breaking the silence: Supporting men's mental health at work."
 - **Social media post templates** to help promote this month's health and wellness topic among your employees. Feel free to share on your internal communication platforms and your own LinkedIn accounts as appropriate.
3. Share this information with your organization using the member communication.

As a reminder, we will launch a new member toolkit each month with updated content and resources. In December, we will share well-being resources that focus on being present.

Please keep an eye out for next month's toolkit and let me know if you have any questions.

Thank you,
Stephanie Muir