

Men's Mental Health

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.

In this month's engagement toolkit, you'll find:

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 "Breaking the silence: Supporting men's mental health at work."

[View toolkit](#)

What to expect each month:



Latest topics – Connect with up-to-date content that focuses on a new topic every month.



More resources – Get access to additional resources and self-help tools.



Content Library – Ongoing access to your favorite content.



Support for everyone – Share toolkits with those you think might find the information meaningful.

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