

3 things men should know about mental health

Quick facts to help you take charge of your wellbeing.



Talking about how you feel isn't weak. It's strong.

Maybe you were raised to “tough it out.” But bottling up stress, anger, or sadness doesn't make you stronger. It often makes things harder. Asking for help takes guts. Whether it's talking with a friend, a partner, or a professional at First Stop Health, opening up is a powerful first step toward feeling better.



Mental health issues are common — and treatable.

Anxiety, depression, burnout... these are medical conditions, not personal failures. 1 in 5 men experience a mental health issue every year. The good news? Care from First Stop Health is available. You don't have to hit rock bottom to ask for help.



Mental health affects more than your mind.

When things like stress and anxiety go untreated, they can take a serious toll on your sleep, your energy, your heart, your weight, and even your relationships. Taking care of yourself is just as important as taking care of your physical health.

Take the first step. Talk to someone. Get support. Whether you're just not feeling like yourself or you're in a dark place, First Stop Health is here for you!



Get confidential mental health care.

Looking for confidential help? Scan to get started! You can also visit our website or call to get care.



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