

Men's Mental Health June

Don't "Man Up", Speak Up.

Myth:
Real men don't
ask for help

"Men suffer a lot
behind the mask of
manliness."

Fact:
Men are susceptible
to the same feelings
as women, and they
should be able to ask
for help if they need
it.

Priory Group surveyed **1,000**
men in the UK. The survey
showed that **40%** did not seek
help because:

"I don't wish to burden anyone
(36%)

"I'm too embarrassed" (29%)

"Negative Stigma" (20%)

"I did not want to admit I need
support" (17%)

"I don't want to appear weak"
(16%)

"I have no-one to talk to" (14%)

Help break the stigma! If you or
a loved are in need of help,
contact us today!

Ways to Open the Conversation:

Notice Changes in Behavior –
"You seem stressed lately. Is
everything okay?"

Normalize Sharing the
Experience – "I've had a hard
time with managing my anxiety
in the past. Have you felt that
way lately?"

Activity While Talking – "Do you
want to go on a walk?"

Ask them twice. – "How are you
really? I want to support you."

–Jefferson Center, jcmh.org

PRIDE
JUNE
MONTH

SAVE THE DATE!

*Helios is coming to support
our LGBTQA+ community.
Come find us at Ferndale
Pride on Saturday, June 1st!*

**we will have a wheel to spin
for prizes!**

Why is June "PRIDE" month?

June 28th, 1969 marks the beginning of the Stonewall Uprising in New York. Stonewall Inn was a popular gay bar in NYC. Serving alcohol to a gay person was considered illegal and being openly gay was a criminal offense at the time. Police raids were common and after a series of riots, sparked one of the first Gay Pride Movements in NYC.



Contact Us!

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