

HELIOS NEWSLETTER



Healthy Minds, Healthy Men

August

When it comes to mental health, men often get left out of the conversation — not because they don't struggle, but because they're taught not to talk about it. There's this long-standing idea that men are supposed to be strong, stoic, and unemotional. Over time, that turns into ignoring how **you're** really feeling — because no one ever showed you how to check in on it. But mental health isn't just for some people. It's for everyone — and that includes men.

What it can look like

Mental health struggles don't always look like crying or panic attacks. For men, it often shows up as:

Losing interest in things you used to enjoy

Feeling irritable or on edge

Trouble sleeping or staying motivated

Pulling away from people

Coping through distraction, numbing, or substances

Sometimes, it feels like you're "fine" because you're getting through the day. But surviving isn't the same as thriving.



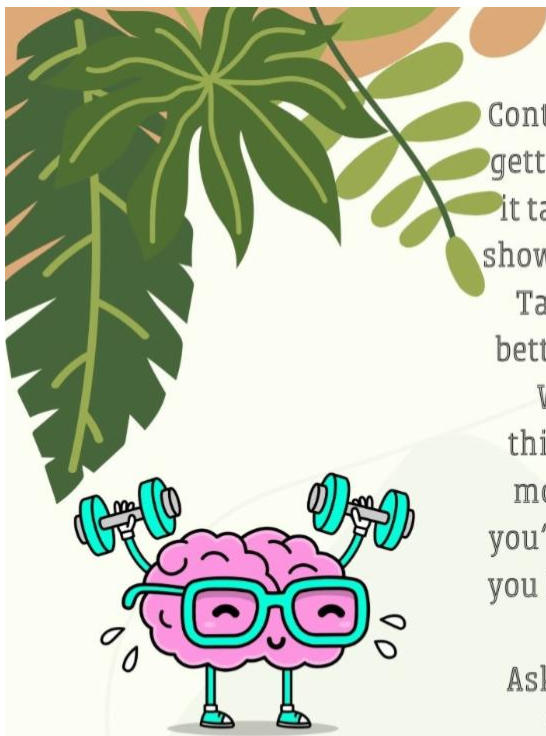
WHY ITS HARD TO ASK FOR HELP

**THERE ARE A LOT OF REASONS
MEN MIGHT NOT REACH OUT:**



- **WORRY ABOUT BEING
SEEN AS WEAK**
- **NOT KNOWING HOW TO
TALK ABOUT EMOTIONS**
- **FEELING LIKE IT'S "NOT
SERIOUS ENOUGH"**
- **THINKING NO ONE
WOULD REALLY GET IT**

**THE SILENCE DOESN'T MEAN EVERYTHING IS
OKAY – AND FOR MANY, THAT SILENCE CAN
BECOME DANGEROUS. ACCORDING TO THE
AMERICAN FOUNDATION FOR SUICIDE
PREVENTION, MEN IN THE U.S. DIE BY SUICIDE
NEARLY FOUR TIMES MORE OFTEN THAN
WOMEN. THAT'S NOT BECAUSE MEN DON'T
STRUGGLE – IT'S BECAUSE THEY'RE LESS
LIKELY TO ASK FOR HELP**



What needs to change

Contrary to the stigma we all know and don't love, getting help isn't a sign of weakness. If anything, it takes more strength to slow down, reflect, and show up for yourself in a way that nobody else can. Taking that step today could very well mean a better quality of life tomorrow. YOU deserve that.

Whether you're reading this for yourself or thinking about someone you care about, take a moment to check in. Maybe there's something you've been brushing off. Maybe someone around you has been acting "off" but doesn't know how to express what they're feeling. Asking, listening, and keeping the door open to talk – it all matters more than you think.

Before You Go

Your mental health matters. If something's been weighing on you, there's nothing wrong with learning new ways to lift, bro. You don't have to wait until it gets worse – you can take action now and start living a life that little-kid you would be so stoked about. YOU deserve that.

¹ American Foundation for Suicide Prevention (2023)




Contact Us!

(586) 863-4000

✉ info@heliospsych.com

🌐 heliospsych.com

Locations

Chesterfield: 30472 23 Mile Rd, Chesterfield MI 48047

Troy: 625 E. Big Beaver Rd, Suite 200, Troy MI 48083



Helios Psychiatry and Counseling | 30472 23 Mile Road | Chesterfield, MI 48047 US

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