

# MEN'S MENTAL HEALTH: TALK ABOUT IT.

## "I CAN'T GET HELP IF I CAN'T TALK ABOUT IT"

Many studies have shown that men don't want to talk about mental health because they feel it is "unmanly". Our research suggests that a growing number of men *do* want to talk about their mental health. This Movember, let's challenge some of our ideas about men's mental health. Here are some things we learned from men living with mental health problems in Westman in their own words:

### "Find your space"

One of the most important resources for mental wellness is access to a space where you feel comfortable talking, decompressing, or just getting away.

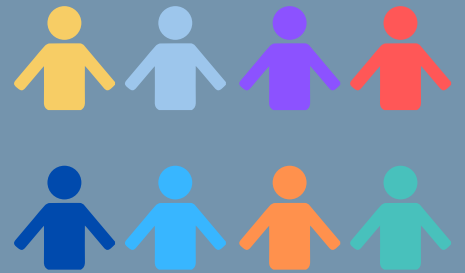
"You can't  
keep it  
inside"



"When you talk and have a discussion with somebody, you will feel more calm and more comfortable." You may also learn that others are having their own problems that you can help with by listening.

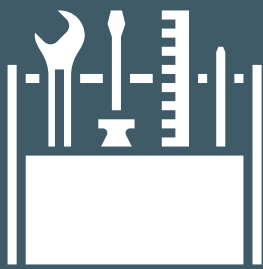
### "If you can have a team, that's just really nice"

Mental health does not have to be "a personal private battle." Work on building supportive relationships. Men we talked to said, "Build a really healthy friendship with other men" or "Turn to the community" for help.



Some people go for a walk, exercise, connect with the land, go to a church, temple, or a mosque. Others see a therapist, or talk to a trusted friend or family member. Men we talked to stressed the importance of taking care of your whole self: physical, mental, emotional, and spiritual.

"Deal  
with it"



### "I'm not depressed, but I get worries"

Everyone might not use the same language to describe their feelings. Someone who is struggling might not use words like 'depression' or 'anxiety'. Listen to those around you and try to understand their worries in their own terms.

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# MENTAL HEALTH RESOURCES

IN CASE OF EMERGENCY, ALWAYS CALL 911



**IF YOU WOULD LIKE SOMEONE TO TALK TO FOR SUPPORT, OR IF YOU OR SOMEONE YOU KNOW IS IN CRISIS, CALL: (24/7, TOLL FREE)**

**Westman Crisis Services (Mobile Crisis Unit & Crisis Stabilization Unit)**  
1-888-379-7699

**Manitoba Suicide Prevention and Support Line**  
1-877-435-7170  
[reasontolive.ca](http://reasontolive.ca)

**First Nations and Inuit Hope for Wellness Helpline**  
1-855-242-3310  
[hopeforwellness.ca](http://hopeforwellness.ca)

**Sexual Assault Line Crisis Line**  
1-888-292-7565

**Klinic Crisis Line**  
1-888-322-3019  
[klinik.mb.ca](http://klinik.mb.ca)

**Manitoba Farm, Rural & Northern Support Services**  
1-866-367-3276  
[supportline.ca](http://supportline.ca)



**TO FIND OUT MORE ABOUT SUPPORT GROUPS OR SERVICES IN MANITOBA, CONTACT:**

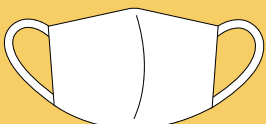
**7th Street Health Access Centre (Brandon)**  
204-578-4800  
[pmh-mb.ca/index.php/7th-street-health-access-centre](http://pmh-mb.ca/index.php/7th-street-health-access-centre)

**Manitoba Addictions Helpline**  
1-855-662-6605  
[mbaddictionhelp.ca](http://mbaddictionhelp.ca)

**Mood Disorders Manitoba**  
Peer Support Phone Line: 204-786-0987  
[mooddisordersmanitoba.ca](http://mooddisordersmanitoba.ca)

**Anxiety Disorder Association of Manitoba**  
1-800-805-8885  
[adam.mb.ca](http://adam.mb.ca)

**John Howard Society Men's Resource Centre**  
204-727-1696 ext. 1  
[brandonjohnhoward.ca](http://brandonjohnhoward.ca)



**IF YOU HAVE A QUESTION OR CONCERN ABOUT COVID 19, CALL:**

**Public Health Agency of Canada**  
COVID-19 Hotline: 1-833-784-4397

**Health Links**  
1-888-315-9257