



Men's Mental Health Awareness Month



Society often teaches men to “tough it out,” but mental health is just as important as physical health — and ignoring it doesn't make it go away. June is a time to recognize the silent struggles and encourage open, judgment-free conversations.

You're not alone:

- 1 in 4 men experience a mental health challenge in their lifetime
- 40% of men say they won't talk to anyone about their mental health
- Men are significantly less likely than women to seek therapy or support

What Men Often Face:

- Pressure to stay stoic, strong, or “in control”
- Burnout from work, family, and unspoken expectations
- Difficulty expressing sadness, stress, or vulnerability
- Isolation — even around friends or loved ones
- Fear that asking for help will be seen as weakness

You're human.

You deserve support.

Taking care of your mental health is a sign of strength — not weakness.

How Bree Health Can Help

- **Coaching for Real-Life Stressors:** Speak one-on-one with a certified coach who understands life's pressures — from family to work to identity.
- **Personalized Tools & Guidance:** Build confidence and stay grounded with check-ins, thought exercises, and guided support tailored to your goals.
- **Bree Video Library:** Explore expert-led content on stress management, emotional control, resilience, and mental clarity.