



JUNE 2025

Coming in JUNE:

6/12: MHRS Board
meeting

6/19: OFFICE CLOSED

6/21: COURTS FOR
COURAGE

MEN'S MENTAL HEALTH MONTH: TIME TO DROP THE TOUGH GUY ACT

*Even the great ones hit a
slump every now and then.*

Take some BP at mantherapy.org



Muskingum Area Mental Health & Recovery Services Board

Alright, fellas, it's June—which means it's officially Men's Mental Health Month. Yep, this one's for you, the guys holding it all together on the outside while juggling work stress, family drama, and probably some questionable lawn-care decisions (no judgment... well, maybe a little).

Here's the thing: men's mental health? It's a real thing. And no, I'm not talking about the rage you feel when your team blows a lead or when the grill won't light. I'm talking anxiety, depression, PTSD, substance use—the stuff that sneaks in and stays if we don't deal with it.

Stats don't lie: nearly 1 in 10 men experience depression or anxiety, and men die by suicide nearly 4 times more often than women. That's not just numbers—that's your buddies, your brothers, your coworkers... maybe even you.

But here's where it gets spicy: society's still out here pushing the whole “man up” nonsense like it's 1955. Spoiler alert: bottling it up isn't strength—it's a pressure cooker waiting to blow.

The truth? Talking about your mental health doesn't make you weak. It makes you smart, brave, and honestly, way more of a badass than pretending everything's fine while crumbling inside.

So this month, let's smash the stigma. Check in on your guys.

Start the convo. And if you need help? GET IT. There's zero shame in taking care of your brain.

Need a place to start? Man Therapy Ohio (mantherapy.org) is hilarious, helpful, and exactly what you need when the struggle gets real.

Because at the end of the day, strong men get help—and live to grill another day.

