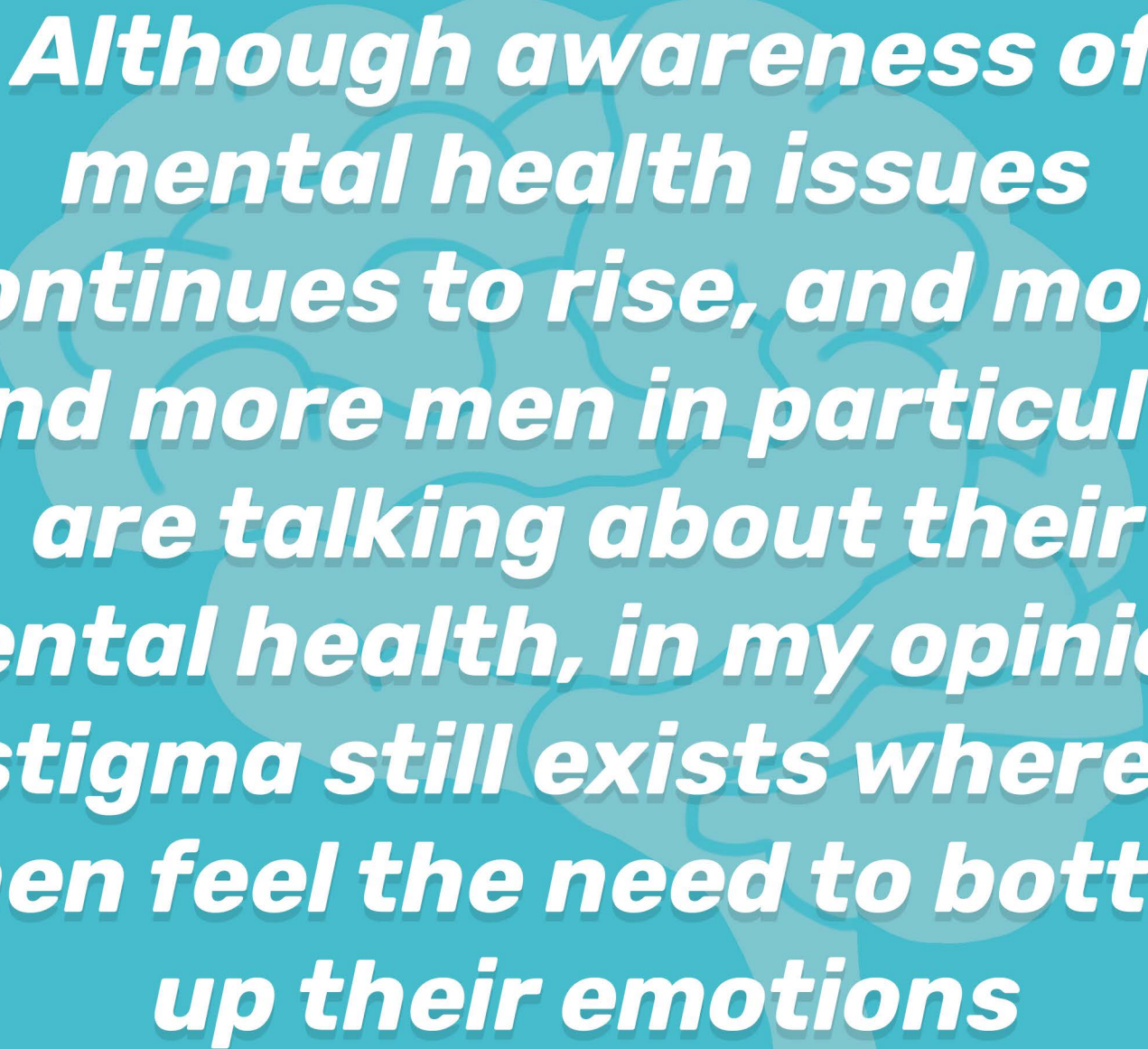


A stylized, light blue brain graphic with a darker blue outline, centered in the background. The brain is shown from a slightly elevated, front-facing perspective.

# ***Men's Mental Health Week***

***#LetsTalkAboutIt***



***Although awareness of  
mental health issues  
continues to rise, and more  
and more men in particular  
are talking about their  
mental health, in my opinion,  
a stigma still exists whereby  
men feel the need to bottle  
up their emotions***

***#LetsTalkAboutIt***



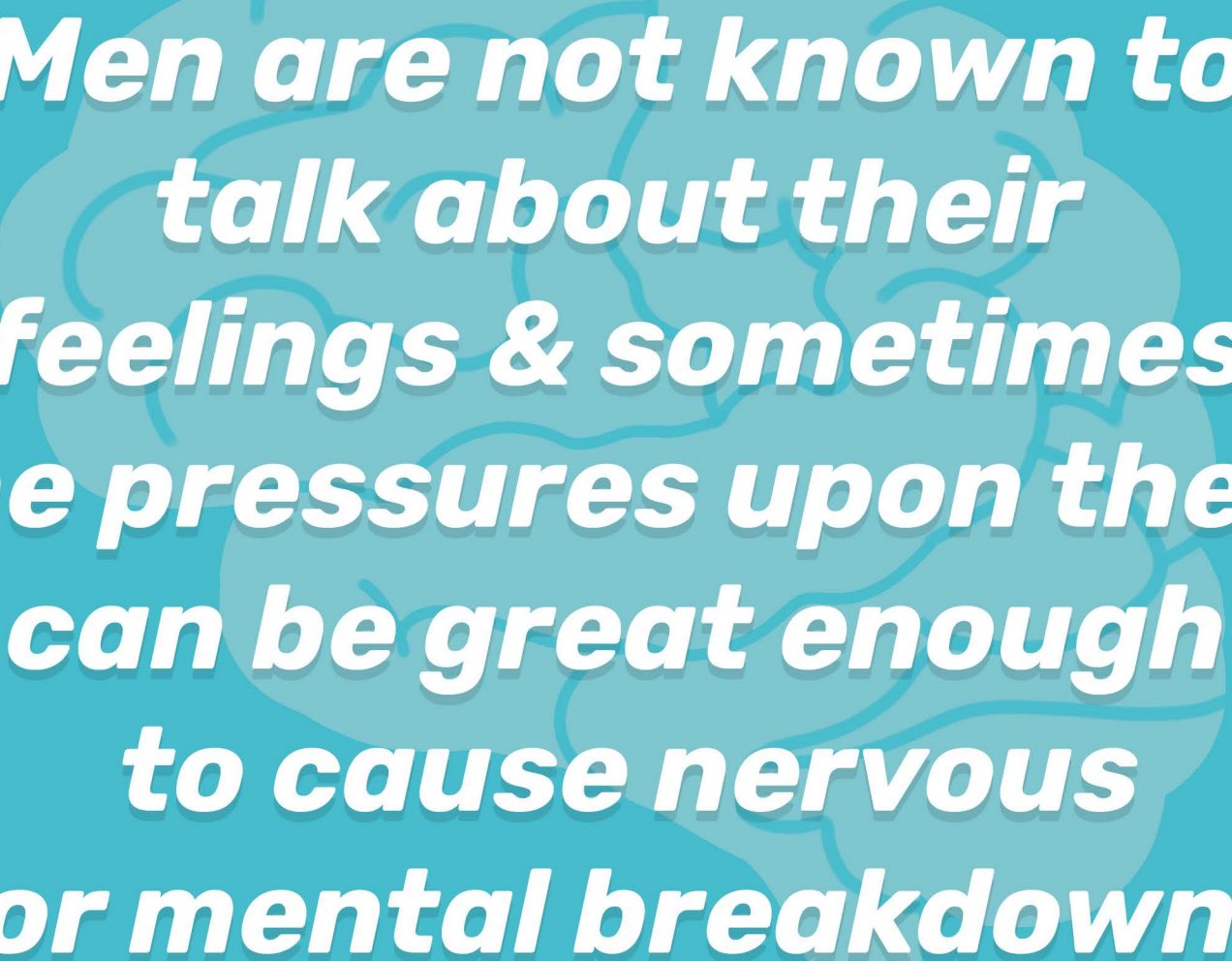
***Men's mental  
health is  
important as  
is women's mental  
health***

***#LetsTalkAboutIt***



***I really do believe and hope  
we can end the stigma,  
encourage help and most  
of all, encourage people of  
all genders to voice their  
experiences and just  
talk about how they're  
feeling with regards  
mental health for the  
betterment of society***

***#LetsTalkAboutIt***



***Men are not known to  
talk about their  
feelings & sometimes  
the pressures upon them  
can be great enough  
to cause nervous  
or mental breakdowns***

***#LetsTalkAboutIt***