



# Discover Strength In Sharing

Supporting Men's Mental  
Health in June

For free mental health resources,  
contact your local **ESSP Rep** or scan a  
QR code:

Hourly:  




Salaried:  




Provided by  


# BREAK BREAK

# THE STIGMA

MENTAL HEALTH AWARENESS 



## Stamp Out The Stigma

Cultural pressure on men to hide their feelings often conceals mental health struggles.

There are resources available that preserve dignity while creating a path to better wellbeing.

Hourly:  




Salaried:  






# Where To Start

- **Talk:** Sharing emotions improves mental health.
- **Identify:** Recognize shifts in sleep, mood, or appetite.
- **Connect:** Build mutual support with trusted friends.
- **Support:** Use therapy for professional, private help.

Hourly:  
carelon  
Behavioral Health



Salaried:  
lyra





If you would like information on free and confidential counseling and other health and wellness resources, **contact your local ESSP Representative** or the CDR/EAP Agencies Carelon/Lyra:

**Hourly**

Call Carelon Behavioral Health:

(800) 227-9622 or

Scan the QR code:



**Salaried**

Call Lyra Health:

(877) 207-9822 or

Scan the QR code:

