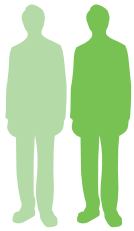


Men's Mental Health Awareness Month

June 2026

Men's Mental Health in Canada



1 in 2
Canadian men
report lacking
strong social
support networks

Many men feel pressure to handle challenges on their own, and as a result, are less likely to reach out for support early or at all.

Breaking The Myth

**What we've
been told...**

"Be strong."

"Boys don't cry."

*"Figure it out
yourself."*

**What supports
mental health...**

**Being open is part
of strength**

**Expressing
emotions is healthy**

**Support from others
makes a difference**

We all play a role in what support looks like.

What gets reinforced, what gets said, and what gets avoided shapes whether support feels safe or possible.

Make support visible



Check in, even if
nothing seems wrong



Make space for
conversations about
mental health



Show up more
than once

Source: Canadian Men's Health Foundation



**Opening
Minds**

MENTAL HEALTH
COMMISSION
OF CANADA

If You Are in Distress

If you or someone you're supporting is in distress, call or text 9-8-8 at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.