





Post Date: Tuesday, December 15, 2020

Our new men's mental health website features testimonial videos of men sharing their lived experiences with mental health challenges. See how they approached their struggle, sought help and recovered. #StrongMinds4Men

Link: <https://foxcities.wi.networkofcare.org/mh/content.aspx?cid=9408>



Post Date: Friday, December 18, 2020

Check up on your mind! A mental health screening is a quick and easy way to determine if you're experiencing symptoms of a mental health condition. It's free, anonymous and provides information about next steps based on your results. #StrongMinds4Men

Link: <https://screening.mentalhealthscreening.org/NEW>



Post Date: Monday, December 28, 2020

As we know, taking care of our physical health often has a positive impact on our mental health. Year-end is a great time to explore SELF-CARE, which means taking care of both your physical *and* mental health. Our new men's mental health website features a SELF-CARE page with tips and resources to consider as you look ahead to the new year. #StrongMinds4Men

Link: <https://foxcities.wi.networkofcare.org/mh/content.aspx?cid=9459>