Post Date: Wednesday, December 2

Middle-aged men in our region have the highest suicide risk of all age groups and are the least likely to seek help. Today we launch the “Strong Minds 4 Men” campaign, aimed at connecting men to relatable mental health information and supports. This important work is a collaboration between The Connection’s Project Zero and Zero Suicide Initiative. Explore the campaign’s online resource at: https://foxcities.wi.networkofcare.org/mh/content.aspx?cid=9400. #StrongMinds4Men

Post Date: Friday, December 4

Our NEW mental health website for men is LIVE NOW, featuring relatable mental health info, self-care tools, testimonials, online screening, how to seek help and more. Connect | Explore | Recover. https://foxcities.wi.networkofcare.org/mh/content.aspx?cid=9400 #StrongMinds4Men

Post Date: Tuesday, December 8, 2020

Having a hard time feeling the holiday cheer? You’re not alone! It’s more common than you think. Learn what may be causing these blues and what you can do to enjoy the weeks ahead. https://www.menshealth.com/health/a25414666/holiday-blues/ #StrongMinds4Men

Post Date: Friday, December 11, 2020

Connect | Explore | Recover. https://foxcities.wi.networkofcare.org/mh/content.aspx?cid=9400 #StrongMinds4Men
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