



**Your crew is there for you.
IT'S OK 2 ASK for help.**

STRONG MINDS 4 MEN *A Men's Mental Health Initiative*

ASK4HELPFOXVALLEY.ORG

Mental health concerns & risk factors

Self-care tools & resources

Men sharing lived experiences

Free, online, anonymous screening

When & how to seek help

“Like any physical illness, depression, anxiety and suicidal thoughts are serious yet treatable conditions. No one, including men, should struggle alone. There is help, hope and a variety of great resources in our community.”

~ Chris Wardlow,
Zero Suicide Coalition
member with lived mental
health experience



CONNECT | EXPLORE | RECOVER