



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

STRONG MINDS 4 MEN

Connecting Men to Relatable Mental Health Resources

ASK4HELPFOXVALLEY.ORG

Mental health concerns & risk factors

Self-care tools & resources

Men sharing lived experiences

Free, online, anonymous screening

When & how to seek help

CONNECT | EXPLORE | RECOVER

Middle-Age Men...

- ▶ Account for the highest number of suicide deaths in Northeast Wisconsin.
- ▶ Are the least likely 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