09 REASONS WHY MEN SHOULDN'T BE AFRAID TO TALK ABOUT THEIR MENTAL HEALTH

@BELIEVEPHQ

1 Because talking about mental health shows great strength and courage

2 Because it is okay to talk about your emotions and how you are feeling

3 Because it is okay to ask for help and to show that you are struggling

4 Because by being open can help you to get the right support you need

5 Because by hiding mental health problems can make things worse for you

6 Because not everyone will judge you for speaking about your mental health

7 Because it is not a sign of weakness to feel low or anxious

8 Because it can help you to feel better by talking to someone

9 Because it can help to reduce feelings of shame