

# 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

