



Men's Mental Health Awareness Month

What is Men's Mental Health Awareness Month?

Men's Mental Health Awareness Month is a time dedicated to raise awareness about the unique mental health challenges men face, reduce stigma, and encourage men to seek help and support.





Why It Matters

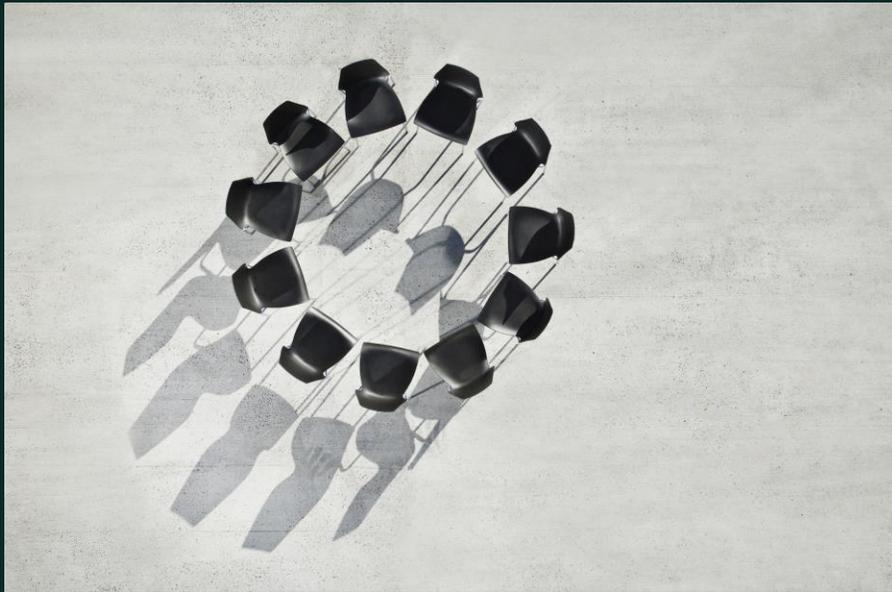
- Men are nearly 4 times more likely to die by suicide than women
- Only 40% of men with mental health conditions seek treatment
- Men often turn to substance use or isolate instead of seeking help
- Stigma and societal expectations discourage emotional vulnerability

Workplace Impact

Mental health issues lead to:

- Absenteeism & presenteeism
- Reduced productivity
- Higher turnover





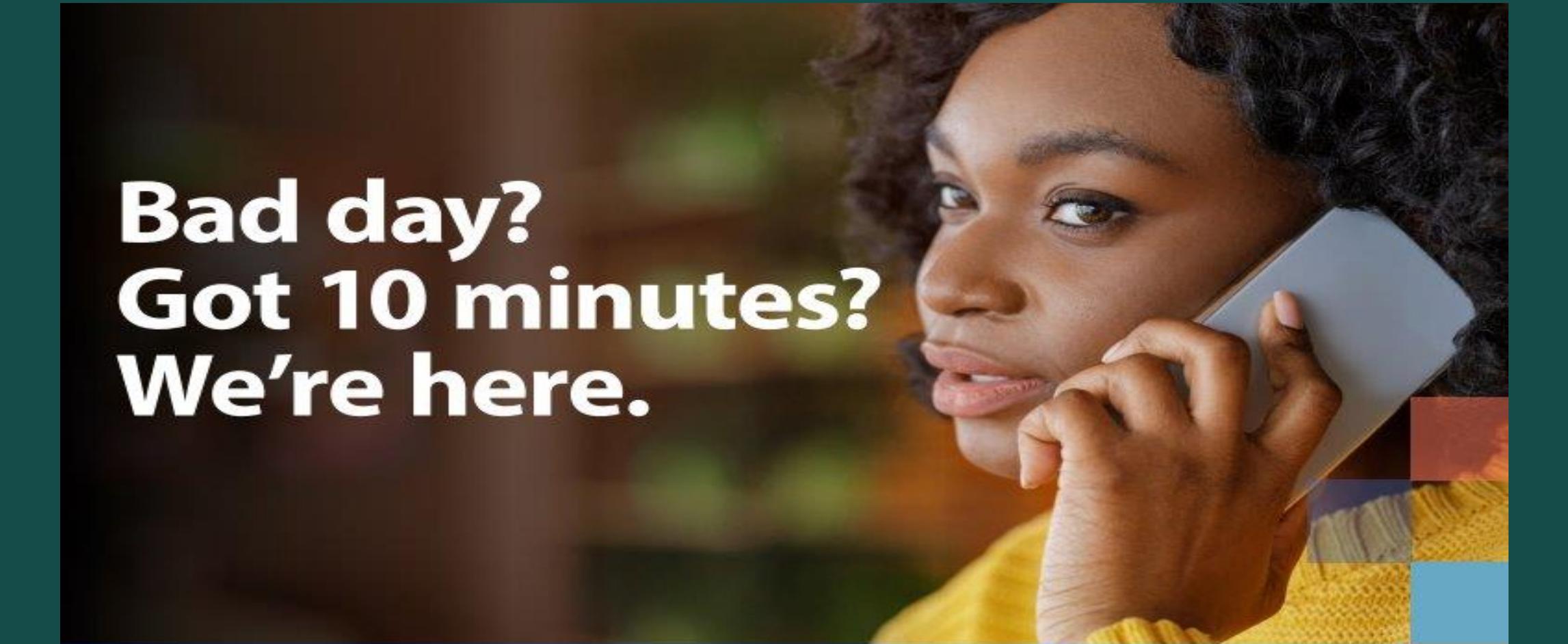
Break the Silence

- Normalize conversations about mental health
- Encourage vulnerability as strength
- Share stories from male leaders or colleagues
- Promote peer support and empathy

Resources & Support

- [Menshealth.org](https://www.menshealth.org)
- [Better U Care](#)
- [Workplace EAP Program](#)
- [CIGNA Behavioral Health](#)





**Bad day?
Got 10 minutes?
We're here.**

KGA Employee Counseling



We're a network of experts with solutions and support for busy people managing busy lives. Contact KGA Employee Assistance at **800.648.9557** or **My.KGALifeServices.com** or download the **KGA Mobile app**.

Cigna Behavioral Programs

How we can help.

Challenges to mental well-being come in many forms, and so do the ways we can work through them. Whether you need help reducing stress, are feeling motivated to make a change in your life, or need to talk to someone, Cigna offers a variety of behavioral support tools and services to help ensure you get the support that works best for you.



**Virtual
Counseling**



**Emotional
Health &
Well-being**



**Mental
Health**



**Substance
Use**



**Coaching
& Support**

Why men stay silent, and why that must change

TEDx





Men's Mental Health Awareness Month