

Headset & Health

Men's Mental Health Awareness
June 2026



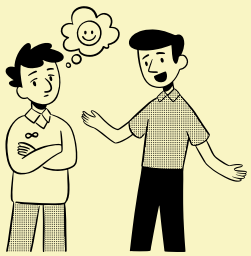
More than "Just be strong"

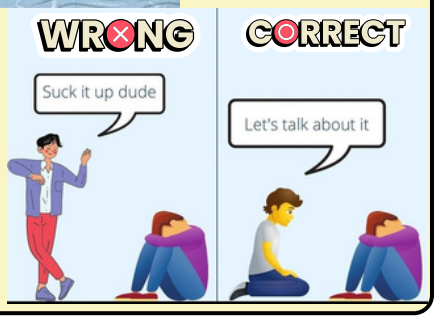
We talk a lot about physical fitness and heart health, but mental well-being is just as critical because **mental health is health**! There's a lingering myth that guys should handle everything alone, but battling heavy stress or depression solo is like trying to push a boulder up a mountain without backup. Almost impossible. Ignoring the weight doesn't make it go away, and **reaching out to a peer or a professional isn't a sign of weakness or being a burden**. It's just looking out for yourself so you can keep showing up for the people who count on you.

Light Corner









Real Talk

"Sometimes there are [...] shifts that "weigh" on me and when that happens, I tend to do a mental health check and have a "ME" day. What that consists of is normally compartmentalizing, then maybe having a fishing day if weather permits, if not [I spend] time doing other hobbies that [don't] include anything with what I do at the job. I try every day to leave work at work and not bring it home with me. *Being a man in this field does not diminish or invalidate our feelings, its ok to cry, yell, be angry or frustrated, just like everyone else.*"

-T. Reynolds, CO - 1 Year of Service





Resources

HCSO Peer Support:
346 - 286 - 3175
Call for a peer if they need support!

HCSO Behavioral Health Division:
346-286-3150
Mon - Fri 8a-4p
Virtual or In-person Appointments Available

Text Lines:
Suicide & Crisis Life Line - Text 988

Veterans/Military Crisis Line - Text 838255 or Dial 988 then Press 1

All text lines are available 24/7





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Supervisor's Desk

"My dad was a therapist, so I've always been open to the idea of therapy. Because of the benefits afforded to us at HCSO, I decided to give it a try, thinking perhaps I may be suppressing something I've encountered while on 911. Turns out, I was ok with the 911 stuff, but my therapist was able to help me work through something in my personal life that I'd been avoiding for many years, and I couldn't be more grateful! *Everyone, men too, should feel completely comfortable with allowing someone in because learning to be vulnerable is where real strength lies.*"

- C. Jackson, EDC Supervisor,
10 Years of Service

Challenge of the month

Start a conversation: A simple conversation can spark transformation while also checking in with the men in your life.

Share resources: Help normalize seeking help by sharing information about mental health support services this lets others know support is available and that it works.

Create safe spaces: Encourage environments in the community to be a place where men feel comfortable opening up without judgment. Sometimes, just knowing it's OK to talk makes all the difference.

Redefine "Strength": Emotional safety doesn't mean being unaffected; it means having the strength to process truth without turning it into a fight. It is perfectly safe and healthy to validate emotions rather than "toughing them out".

Identify your support system: To figure out who your sources of emotional support are, ask yourself, Who do you feel open to talking to? Who would be there for you?

Limit alcohol and avoid unhealthy coping mechanisms: Look for healthier outlets to help you unwind after a tough day instead of alcohol and drugs. These habits can worsen your anxiety and depression over time.

Coming Next Month:

Physical Reset;

dealing with screen fatigue,
tight shoulders, and unexpected long days.



"Headset & Health" is created to support the mental health and wellness of our Communications Officers across all shifts. If you'd like to share a quote, tip or idea for a future issue, reply to this email or Click here to submit suggestions .