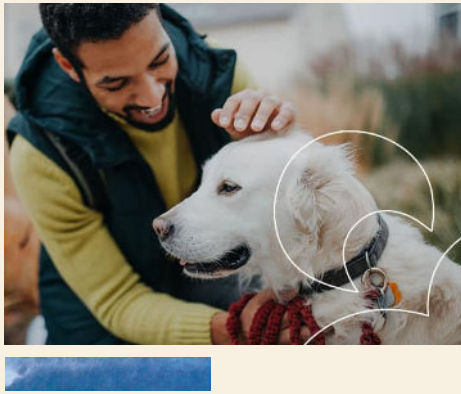




Men's Mental Health

A Resource Guide





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Men are less likely than women to seek mental health support, a troubling reality given that nearly 1 in 10 men experience depression or anxiety. At Wildflower, we are on a mission to challenge outdated notions of masculinity that prevent men from accessing the services they need and deserve. We hope the resources in this guide validate your experiences, offer practical strategies to support your mental health and well-being, and empower you to reach out for help.

Podcasts

Man Enough Podcast: Creates a safe environment exploring a range of perspectives around how messages of masculinity show up in relationships, body image, privilege, fatherhood, sex, success, mental health and more.

Guys & Grief Podcast: Supports men who have experienced pregnancy or infant loss. Hosted by 3 close friends: Brad who experienced multiple pregnancy losses, Brandon who lost a child at 36 weeks to stillbirth, and Brian who lost a child at 5 weeks to SIDS.

Psychologists Off The Clock: Dudes and Dads: A podcast episode that offers practical advice and encouraging perspectives aimed at improving understanding of the unique mental health challenges men face, especially during the transition to fatherhood.

Mom and Mind: Fathers and Perinatal Mental Health: This single episode discusses the importance of fathers and pressures in modern fatherhood. It highlights the spectrum of mood changes that fathers might experience postpartum, such as depression, anxiety, anger as well as how it affects them and what they might experience.

Community Organizations and Resources

GENERAL

National Alliance on Mental Illness (NAMI) for Men: Provides specific resources for men's issues such as educational blogs, support groups, shared stories, and tips for asking for help.

Man Therapy: Extends an evidence-based, multidisciplinary effort to break through stigma, improve help-seeking behavior, and reduce male suicide.

Anxiety & Depression Association: Provides information on the importance of men's mental health care, key statistics, warning signs and symptoms, treatment considerations, and other valuable resources.

The ManKind Project: Provides training, support groups, and programs for men to form connections, improve their own well-being, and the well-being of their communities.

The Healing Chi: Seeks to change the narrative around male vulnerability by normalizing the narrative around healing as men in order to elevate them and others in society.

Black Men Heal: Seeks to be a solution to a broken and inequitable mental health care system by centering on the needs of marginalized black and brown communities.

Black Men Heal - Kings Corner: a virtual weekly meetup group that offers a safe space promoting sharing, vulnerability, support, community, and brotherhood.

Real Men Charities: Promotes suicide prevention, improved literacy, mentoring, and holistic wellness opportunities for men using food, art, culture, and community to address mental and emotional health issues unique to men.

Create Real Economic Destiny (CRED): Works with community leaders, like-minded organizations, and hundreds of young men and women to radically reduce gun violence and bring hope back to Chicago.

The Good Men Project: An online publishing site and social platform that focuses on stories surrounding manhood, relationships, sexuality, social justice, and ethics.

Men's Group: Creates community and conversation through men's groups and other tools to help men can share openly about their lives and overcome challenges.

Face It Foundation: Gives men the support they need to face depression, take control of their recovery and get their lives back.

SUBSTANCE USE

Shatterproof: Aims to reverse the addiction crisis in the US through education, advocacy, empowerment, and ending stigma.

ABUSE AND TRAUMA

1 in 6: Aims to help men who have had unwanted or abusive sexual experiences live healthier, happier lives.

She Is Not Your Rehab: Invites men to acknowledge their own childhood trauma and to take responsibility for their healing so that they can transform their pain.

INFERTILITY AND PERINATAL LOSS

Sad Dads Club: Helps bereaved fathers navigate life after loss by nurturing a supportive community and providing access to mental health services.

Pregnancy After Loss (PALS): Supports parents pregnant again after a loss through connection with peers, awareness in the community, education of providers, and advocacy around the world.

Miles' Mission – Pregnancy and Infant Loss Awareness: Strives to enhance awareness, provide resources, and support families experiencing pregnancy and infant loss – because every life matters.

Pregnancy Loss and Infant Death Alliance: Promotes consistent evidence-based perinatal bereavement care for all families who experience the death of a baby.

RESOLVE: The National Infertility Association: Ensures that all people challenged in their family building journey reach resolution through empowerment, community support, advocacy, and inspiration.

FATHERHOOD



Maternal Mental Health Leadership Alliance: Offers a curated list of resources to help fathers navigate the transition to new parenthood.

Postpartum Support International (PSI): Offers support groups for dads and help for dads including live chat with experts, provider search, support coordinators, and a peer mentorship program.

Mental Health and the New Father: Advances the mental health and well-being of all people living in the U.S. through public education, research, advocacy and public policy, and direct service.

Dope Black Dads: Fosters a space for fathers who wish to discuss their experiences of being black, a parent, and masculine ideals in the modern world.

National Fatherhood Initiative: Champions father involvement in children's lives through research and evidence-based fatherhood programs, services, and trainings

Books



Of Boys and Men: Why the Modern Male Is Struggling, Why It Matters, and What to Do About It by Richard V. Reeves

Boys & Sex: Young Men on Hookups, Love, Porn, Consent, and Navigating the New Masculinity by Peggy Orenstein, PhD

Reasons to Stay Alive by Matt Haig

Don't Tell: The Sexual Abuse of Boys by Michel Dorais

Warrior's Return by Edward Tick

Dude, You're a Fag: Masculinity and Sexuality in High School by C.J. Pascoe

The Expectant Father: The Ultimate Guide for Dads-to-Be by Armin J. Brott & Jennifer Ash

Parental Mental Health: Factoring in Fathers by Jane Honikman and Daniel Singley

The Velvet Rage: Overcoming the Pain of Growing Up Gay in a Straight Man's World by Alan Downs, PhD

The Penis Book: A Doctor's Complete Guide to the Penis--From Size to Function and Everything in Between by Aaron Spitz MD

Contemporary Male Sexuality by Barry McCarthy and Emily McCarthy

Online Articles & Guides

NAMI Blog: The Mental Health of the Modern Dad:

Considers how changing parenting norms have influenced dads' mental health, explores the impact of paternal mental health on families, and explains barriers to men's mental health care.

NAMI Blog: What it Means to Be a Man: Discusses the mental health challenges men experience and encourages readers to prioritize wellness, find strength in vulnerability, and ask for mental health help.

Heads Up Guys: Offers recovery stories from men who have faced depression, an international therapist directory to connect men with local mental health professionals, and tips and articles that provide men with the tools they need to fight depression.



Hotlines

Suicide Prevention Lifeline: 988

Postpartum International Support Helpline:
1-800-944-4773



If you are looking to start psychotherapy at Wildflower, please reach out to our intake team by calling 312.809.0298 or completing the inquiry form on our website.