

MENTAL HEALTH MATTERS

A Monthly Newsletter from Atlantic Behavioral Health

June 2026

Men's Mental Health

It's Time to Change the Conversation

Life can be challenging for everyone. Illness, grief, job stress, financial pressure, caregiving responsibilities, relationship struggles, and unexpected setbacks are all part of being human. But many men were raised with messages that taught them to handle these struggles silently.

From an early age, boys often hear messages such as:

- "Big boys don't cry."
- "Be strong."
- "Handle it yourself."
- "Showing feelings makes you weak."

Over time, these beliefs can make it difficult for men to recognize, acknowledge, or talk about emotional pain. Instead of appearing as sadness, anxiety, or grief, mental health struggles in men may show up as:

- Irritability or anger
- Increased alcohol or substance use
- Withdrawal or isolation
- Risk-taking behaviors
- Physical symptoms such as headaches, fatigue, stomach problems, or sleep difficulties
- Working excessively or avoiding downtime

Because of this, men's mental health concerns are sometimes misunderstood, overlooked, or left untreated.

Why This Matters

Mental health challenges among men are more common than many people realize.

- Nearly one in 10 men experience depression or anxiety, yet fewer than half receive treatment.
- Men are significantly less likely than women to seek mental health support.
- According to the CDC, men account for approximately 80% of suicide deaths in the United States.
- Suicide remains one of the leading causes of death for men under age 45.
- Many men wait until symptoms become severe before asking for help.

Barriers to treatment can include:

- Social stigma
- Pride or fear of appearing weak
- Lack of time
- Cost concerns
- Difficulty accessing care
- Not recognizing symptoms of stress, depression, or anxiety

According to the National Institute of Mental Health, men are significantly less likely than women to seek mental health treatment, even when experiencing symptoms of depression or anxiety. The Centers for Disease Control and Prevention reports that men account for nearly 80% of suicide deaths in the United States, highlighting the importance of early support and intervention.

The Good News

The conversation around mental health is changing.

More athletes, first responders, military veterans, actors, and public figures are speaking openly about therapy, burnout, anxiety, and depression. Younger generations are helping normalize emotional honesty and mental health treatment. Virtual counseling, mental health apps, coaching, and employee assistance programs (EAPs) have also made support more accessible and convenient than ever before.

Seeking help is not a weakness; it is a sign of self-awareness and strength.

Practical Ways Men Can Support Their Mental Health

Mental wellness does not require a major life overhaul. Small, consistent actions can make a meaningful difference.

Stay Connected: Isolation increases stress and depression. Reach out to a friend, family member, coworker, or support group. Cultivate interests in sports, music, building things, and community involvement. These activities can lead to friendships and strong connections.

Notice Changes in Mood or Behavior: Increased irritability, exhaustion, loss of motivation, changes in sleep, or increased alcohol use can all be signs that stress is building. These can be your warning signs that you need to pay closer attention to yourself.

Take Breaks Before Burnout Happens: Many men push through stress until they are overwhelmed. Short breaks, downtime, hobbies, and time outdoors can help reset the nervous system. Think of it like the “operating system” of your life.

Talk to Someone: You do not have to wait for a crisis to seek support. Therapy, coaching, peer support, spiritual counseling, or talking with a trusted friend can help you gain perspective and coping tools.

Atlantic Behavioral Health: ABH provides expert, compassionate care to support you through mental health challenges, substance use concerns, and the emotional effects of medical conditions. Call our Access Center 1-888-247-1400.

It is OK for men not to be OK all the time.

Help is available, and you do not have to handle life's challenges alone.

Mental health struggles are common, treatable, and nothing to be ashamed of. Reaching out for help is not a failure — it is an important step toward resilience, health, and well-being.

A collection of overlapping, semi-transparent silhouettes of people's heads and shoulders in various colors (purple, green, blue, orange, pink, brown). The silhouettes are arranged in a way that suggests a diverse group of individuals. The text is centered over this background.

You Can't Spell
Mental Health
Without **MEN**

Resources:

- National Institute of Mental Health (NIMH): Men and Mental Health
- Centers for Disease Control and Prevention (CDC): Suicide Prevention and Mental Health Resources
- National Alliance on Mental Illness (NAMI): Mental Health Support and Education

If you feel you or someone you know may harm themselves or someone else:

Suicide and Crisis Lifeline: 988

The Trevor Lifeline for LGBTQIA+ Youth: 1-866-488-7386

Veterans Crisis Line: Dial 988 and Press 1

National Domestic Violence Hotline: 1-800-799-SAFE

National Sexual Assault Hotline: 1-800-656-HOPE

Rape, Abuse & Incest National Network (RAINN) 24/7 Hotline: 1-800-656-4673

Dial 211: 211 provides callers with information about and referrals to social services for every day needs and in times of crisis

ADDICTION RESOURCES

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#))

[Also visit the online treatment locator. Call: 1-800-662-HELP \(4357\)](#)

Alcoholics Anonymous - [Northern New Jersey AA - Meeting Finder \(nnjaa.org\)](#)

Narcotics Anonymous - [NA Meetings in NJ \(narcoticsanonymousnj.org\)](#)

NJ Self Help Clearinghouse 800-367-6274 - [FIND A GROUP | NJSHGCH \(njgroups.org\)](#)

Atlantic Behavioral Health

ACCESS Center:

888-247-1400

Atlantic Behavioral Health Crisis Intervention

Services **24/7 Hotlines:**

Atlantic Health Chilton Medical Center: 973-831-5078

Atlantic Health Hackettstown Medical Center 908-454 -5141

Atlantic Health Morristown Medical Center: 973-540-0100

Atlantic Health Overlook Medical Center: 908-522-3586

Atlantic Health Newton Medical Center: 973-383-0973

Website: www.atlantichealth.org