



# Men's Mental Health: Stop the Stigma



June is Men's Health Month, a time to dispel the harmful stigma around men's mental health challenges. The JHU Well-being Program has compiled ways to reframe common misconceptions about men's mental health.



## **Real men don't cry.**

It is often taught to boys and young men that crying is a sign of weakness and to be "manly" means to always be strong.

## **Talking about feelings is unmanly.**

Men are taught that showing emotion is a feminine trait and therefore would be unmanly to do so.

## **Depression is just being sad.**

Most people understand depressive symptoms as feeling sad, lethargic, or vacant.

## **Seeking help makes you a failure.**

For some, admitting there is a mental health problem means they have failed or are inadequate.



## **Crying can reduce stress.**

Crying is not a sign of weakness. Crying can actually remove the stress hormone cortisol and provide emotional relief.

## **Talking about feelings is healthy.**

It helps process and release emotions instead of allowing them to build up, causing more stress and anxiety.

## **Depression can look different in men.**

Symptoms in men often appear as feelings of aggression, anger, and irritability, making it difficult for men to recognize them as depression.

## **Seeking help saves lives.**

Men who receive mental health care are less likely to engage in substance abuse or die by suicide.

For well-being and mental health resources visit [JHU Well-being Programs](#) online.

**Need help?** The Johns Hopkins Employee Assistance Program (JHEAP) provides employees and their household members 24/7 access to free, confidential consultation, counseling and referrals for life's challenges.

**Call 888-978-1262.**