MEN'S MENTAL HEALTH RESOURCES

Men-Specific Resources

- **Movember** (movember.com). Resources, stories, programs and conversations around men's health.
- **tethr** (www.tethr.men). An online peer-to-peer support community connecting men for honest and open conversations about life.
- **The Lifeline Canada** (https://thelifelinecanada.ca/). The LifeLine Canada Foundation (also known as TLC) is a registered non-profit, committed to positive mental health and suicide prevention across Canada and Worldwide.
- **Project circle up** (@projectcircleup). A social media community bringing men together around their mental health.
- **Next Gen Men** (nextgenmen.ca). Creating brave spaces to engage, educate, and empower boys & men on gender & equality.
- **#SickNotWeak** (sicknotweak.com). A not-for-profit started by Michale Landsberg that endeavours to: 1) Create a community of people who come to gain strength, and stay to give strength. 2) To help both sufferers and the people who care about them.
- **DadSourcing** (https://dadsourcing.com/). DadSourcing is an online community offering monthly paid subscriptions to a virtual assistant platform for Dads. You can delegate family, personal, or business tasks to your virtual assistant to free up your time, lower your stress, and focus on your health.
- **Evryman** (community.evryman.com). A membership-based community of men "for whom emotional expression would be a long-term effort, not a 'quick fix.'"
- **HeadsUpGuys** (@headsupguys). A depression resource that provides guys with information and practical tips to manage and prevent depression in men.

- **Anxiety Canada** (https://www.anxietycanada.com/). Anxiety Canada provides several resources, including their MindShift CBT mobile app, online adult therapy groups, anxiety management strategies and more.
- **Babylon** (https://www.telus.com/en/personal-health/my-care?shortlink=a6354644&pid=Referrals&c=Mens%20Health%20Canada%20Referrals). Babylon by TELUS Health is a smartphone app that allows you to see a doctor, mental health counsellor, and dietitian from your home. These virtual health appointments are available in BC, AB, SK, and ON and are booked through the app.

General Resources

- **Hope for the Day** (https://www.hftd.org/). HFTD empowers the conversation on proactive suicide prevention & mental health education.
- **Suicide Action Montreal** (https://suicideactionmontreal.org/en/). Hotline: 1 866 277-3553.
- **Groupe d'Entraide pour un Mieux-Être** (https://www.groupegeme.com/). Groupe d'Entraide pour un Mieux-Être is a support group offering sessions for people suffering with anxiety in 9 cities across Quebec.
- **AMI-Quebec** (https://amiquebec.org/). AMI-Quebec is a non-profit organization that helps families manage the effects of mental illness through support, education, guidance, and advocacy.