

Men's Mental Health Awareness Month

June 2026

Milton CAT



June is recognized as Men's Mental Health Awareness Month, a time dedicated to raising awareness about the mental health challenges men face and encouraging open conversations about emotional well-being.

For many men, societal expectations can make it difficult to discuss stress, anxiety, burnout, depression, or other mental health concerns. Men's Mental Health Awareness Month helps reduce stigma and reminds us that seeking support is a sign of strength—not weakness.

Why It Matters

- Men are less likely to seek mental health support than women.
- Mental health affects physical health, relationships, job performance, and overall well-being.
- Stress, burnout, and emotional challenges can impact anyone, regardless of age, position, or experience.
- Early support and healthy coping strategies can make a meaningful difference.

Mental Health Doesn't Always Look the Same

Mental health challenges aren't always obvious.

Common signs of mental strain may include:

- Increased stress or irritability
- Changes in sleep habits
- Difficulty concentrating
- Feeling overwhelmed or burned out
- Loss of motivation
- Withdrawing from friends, family, or coworkers

Taking Care of Your Mental Health

Just as routine maintenance keeps equipment running safely and efficiently, taking care of your mental health helps you perform at your best both at work and at home.

Consider:

- ✓ Prioritizing quality sleep
- ✓ Connecting with family, friends, or coworkers
- ✓ Practicing mindfulness and stress management
- ✓ Reaching out for support when needed

Your Milton CAT EAP: Headspace

As part of Milton CAT's commitment to employee well-being, employees and their eligible family members have access to Headspace EAP.

Headspace provides confidential support and resources including:

- Mental health counseling and therapy referrals
- 24/7 support line & one-on-one coaching
- Meditation and mindfulness tools
- Stress management and resilience resources
- Work-life support, legal, and financial resources.

Whether you're managing everyday stress, facing a personal challenge, or simply looking to improve your well-being, Headspace offers support whenever you need it.



Scan the QR code to learn more and get started.

