

# Men's Mental Health: End The Stigma

As boys grow into men, they are often taught that talking about their feelings and mental health is a sign of weakness. Phrases like “man up” or “tough it out” are often said when men are going through hard times. These ideas are part of what we call *stigma* – negative beliefs that can stop men from reaching out for help. Because of stigma, many men do not ask for support, which can harm both themselves and those around them.

Did you know that on average, one man dies by suicide every minute of every day? This Movember, let's work together to reduce stigma, have important conversations about men's health, and share helpful resources.



## Getting Support

If you are feeling overwhelmed or struggling with your mental health, do not wait to ask for help. In addition to local resources, Magna offers support through its Employee and Family Assistance Program (EFAP) with Workplace Options.

Workplace Options is a global service that offers short-term counselling. It is available 24/7 and 365 days-a-year via phone, WhatsApp, app, or via website. This service is free and available to you and your immediate family.

For more information visit <http://global.helpwhereyouare.com> | Company Code: **Magna**

## Giving Support

Sometimes, men feel like they cannot talk about their problems because they do not want to burden others. If someone you care about seems to be struggling, here is how you can start the conversation:

### Step 1: Check in with yourself.

Are you in a good state of mind for this conversation? Do you have the time to listen? Remember you do not need to be a counsellor or expert to help.

### Step 2: Reach out with ALEC.

ALEC stands for Ask, Listen, Encourage Action, and Check In. This simple approach can guide you when supporting a friend or family member.

To learn more about the ALEC steps, visit the [Movember website](#).



For more information visit:  
[WWW.MAGNAWELLNESS.COM](http://WWW.MAGNAWELLNESS.COM)

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## Attention Canada and USA Magna Employees:

Mark your calendars! As part of our Movember celebrations, the Magna Wellness team is holding a virtual panel on men's mental health and suicide prevention.

Join us on **November 26<sup>th</sup> from 12:00pm-1:00pm EST** as host Dylan Brennan (Manager, Health Promotions) engages in an informative and eye-opening conversation with guests Jon King (Jr. Engineer, Norplas Industries), John-Michael Lemaire (Manufacturing Engineer, Plastcoat), Zev Smith (Sr. Director HR, Cosma), and Patrick Lee (Sr. Marketing Manager, Powertrain) who share their personal journeys and challenges with mental health.

To sign up for the event click [here](#)!

*The event is currently only accessible by Magna email users. For those without a Magna email, the video recording will be posted on MyLife shortly after the event.*

*Writer: Riley Walker, Health Promotion Coordinator*



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