

CHECK-IN, BRO

HIDDEN SIGNS

While not all of these signs indicate someone is struggling with their mental health, it's important to notice behaviours that are consistent, increasing, or out of character. Many life experiences can contribute to these changes, but paying attention over time can help you recognize when someone may need support.

1. EMOTIONAL STRUGGLES

This can include increased irritability, difficulty expressing emotions, or having negative thoughts. Emotional struggles may manifest in self-deprecating jokes, unexpected outbursts, and being closed off in conversations and activities.

2. PHYSICAL SYMPTOMS

Physical symptoms may include headaches, fatigue, trouble sleeping or oversleeping, and neglecting personal care.

3. CHANGES IN LIFESTYLE

This includes isolating themselves, withholding from peers, losing interest in their usual hobbies, and increasing reliance on alcohol or other substances.



- 40% of men have never spoken to anyone about their mental health
- Men account for approximately 75% of suicides in Canada
- Only 30% of people who access mental health services are men
- One conversation can make a difference - check in with a friend today

SHOWING SUPPORT

Create a space where emotions can be shared without judgment. Normalize honest conversations by asking thoughtful questions and listening without trying to fix the problem.

Socialize and connect with those around you. One of the best ways to support someone is simply by showing up. Show up for them in hangouts and social interactions so that it becomes easier in showing up for them interpersonally.

SELF-SUPPORT

SLOW DOWN & BREATHE

Life can feel overwhelming, and it's easy to get caught up in the pressures we face or the mistakes we've made. Remember that these moments do not define who you are. Take a moment to pause, ground yourself, and breathe before letting those thoughts take over.

CELEBRATE YOUR PROGRESS

It's easy to compare yourself to others, especially on social media, where people often share only the highlights of their lives. Remember that everyone is on their own journey. Focus on your own growth, goals, and progress rather than someone else's highlight reel.

CHANGE YOUR WORDS

The way you speak to yourself matters. While humour can help us cope, constantly putting yourself down can begin to shape how you see yourself. Practice speaking to yourself with the same kindness and understanding you would offer a friend.