

# JUNE is MEN'S HEALTH MONTH



## From CFBHN CEO

As we step into June, recognized as ***Men's Health Month***, it's essential to shine a spotlight on a critical yet often overlooked aspect of men's health: mental wellness.

Traditionally, societal expectations have encouraged men to be stoic and self-reliant, often at the expense of their mental well-being. This month, we aim to challenge these outdated notions and emphasize the importance of mental health as a vital component of overall wellness.

Mental health issues affect millions of men worldwide, yet many remain reluctant to seek help due to stigma and misconceptions. Depression, anxiety, and stress are not signs of weakness; they are medical conditions that deserve attention and care. Ignoring these issues can lead to severe consequences, including relationship problems, poor work performance, and even suicide.

Central Florida Behavioral Health Network (CFBHN) plays a crucial role in facilitating access to mental health care for men in our community. By providing resources, support, and connections to various mental health services, the network ensures that men have the help they need when they need it. CFBHN's comprehensive approach to mental health care makes it easier for men to find the right support and begin their journey to wellness.



*a personal note from*  
**Alan Davidson**  
President & CEO

*"I found that with depressions one of the most important things you could realize is that you are not alone. You're not the first to go through it; you are not going to be the last."*

*The Rock*

All of our providers are committed to supporting men's mental health through accessible, compassionate care. They offer a range of services designed to address the unique challenges men face, from stress management workshops to individualized therapy sessions. Their goal is to create a safe, supportive environment where men can openly discuss their struggles and find effective solutions.

This June, I encourage all men to take proactive steps toward mental wellness. Talk to a trusted friend or professional about your feelings, engage in regular physical activity, and practice mindfulness techniques. Remember, seeking help is a sign of strength, not weakness. Together, we can break down the barriers to mental health care and ensure that every man has the opportunity to lead a healthy, fulfilling life.

Let's make ***Men's Health Month*** a time for empowerment, awareness, and positive change. Your mental health matters. Take the first step today.

To find a CFBHN provider please use this link for our [Service Locator](#).

*If you need further assistance, please phone 813-740-4811. After business hours, on weekends and holidays, you may select the option to speak to someone immediately and you will be transferred to the 2-1-1 line of the Crisis Center of Tampa Bay.*