



Men's Mental Health & Wellness Resources

Hotlines and Programs for Outdoor & Sports-Based Support

This resource list highlights programs and hotlines that support **MEN'S MENTAL HEALTH** and **WELLNESS**.

Many programs integrate sports, movement, or the outdoors as a means to support healing, connection with others, and resilience

HeadsUpGuys

Depression and suicide prevention support tailored for men

Website: headsupguys.org
HEADSUPGUYS

The Trevor Project

Mental health and crisis support for LGBTQ+ youth, including young men

Website: thetrevorproject.org
Call at: 1-866-488-7386

Hike for Mental Health

Raises awareness and funds via hiking events for mental wellness

Website: ihike.org

The Movember Foundation

Global initiative focused on men's health and prostate/testicular cancer awareness

Website: movember.com
MOVEMBER.COM Call at: 310-450-3399

Reel Hope for Men's Mental Health

Fishing-based program to raise awareness around suicide and stigma

Kids Coping & Casting
Outdoor mental health education through fishing and bonding

Website: brainandbodycoalition.org



Call at: 845-293-2929

Man Therapy

Interactive mental health platform with a humorous approach for men

Website: mantherapy.org



988 Suicide & Crisis Lifeline

24/7 crisis support via call or text

Website: 988lifeline.org

Dial: 988
24/7 CALL, TEXT, CHAT

Project Healing Water Fly Fishing

Fly fishing as therapeutic support for veterans

Website: projecthealingwaters.org

EST. 2005
PROJECT HEALING WATERS

The Overwatch Collective

CrossFit, nature retreats, and therapy access for veterans and first responders

Website: theoverwatchcollective.com



Dutchess County Empowerment

Accessible center for all adults at any stage of substance use or mental health recovery

Website: dutchessny.gov/Departments/D_BCH/Empowerment-Center.htm

DUTCHESS COUNTY
Empowerment Center
DEPARTMENT OF MENTAL HEALTH

5 Major Mental Health Problems Affecting Men



DEPRESSION

Over 6 million men suffer from depression per year. Male depression often goes undiagnosed. Men are more likely to report fatigue, irritability, loss of interest in work or hobbies, rather than feelings of sadness or worthlessness.

Approximately 19.1 million American adults ages 18 to 54 have an anxiety disorder. 3,020,000 men have a panic disorder, agoraphobia, or any other phobia.

ANXIETY



BIPOLAR DISORDER

2.3 million Americans are affected by bipolar disorder. An equal amount of men and women develop the illness. The age of onset for men is between 16 to 25 years old.

PSYCHOSIS AND SCHIZOPHRENIA

Approximately 3.5 million people in the U.S. are diagnosed with schizophrenia and it is one of the leading causes of disability. Ninety percent of people who are diagnosed with schizophrenia by age 30 are men.



EATING DISORDERS

Males account for an estimated 10% of patients with anorexia or bulimia and an estimated 35% of those with binge-eating disorder. Men with eating disorders are less likely to seek professional help than women.

Black Men Run

Promotes mental and physical health in black men through running groups

Website: blackmenrun.com



Contact at:
info@blackmenrun.com

MHA in Ulster County

Offers a series of trainings and support groups to the public

Website: mhainulster.com



Call at: **845-336-4747**

Inner City Weightlifting

Empowerment for young men through fitness and mentorship

Website: innercityweightlifting.org



Call at: **(617) 714-4529**

Warrior's Ascent

Mindfulness and outdoor healing retreats for first responders and veterans

Website: warriorsascent.org



Call at: **816-800-9276**

Black Men Heal

Provide access to mental health treatment, psycho-education, and community resources to men of color

Website: blackmenheal.org



Contact at:
info@blackmenheal.org

Mental Health America of Dutchess County

Dedicated to making sure no one is left behind due to a lack of mental health services

Website: mhadutchess.org



Call at:
845-473-2500

Guardian Revival

Improving mental health & well being of military, veterans, first responders, and their families, at no cost to them

Website: guardianrevival.org



Call at:
845-745-0088

Camp HOPE America (Mentorships)

Trauma-informed, outdoor programs for youth and adult mentors

Website: camphopeamerica.org



Call at: **888-511-3522**

The Steve Fund

Focuses on the mental health of students of color, offering crisis response and financial assistance

Website: stevefund.org



Call at: **401-373-2703**

The AAKOMA Project

Provides support and connects young BIPOC individuals with culturally competent therapists

Website: aakomaproject.org



Call at: **571-619-8340**

Men's Health Network

Helping men & families live longer healthier lives

Website: menshealthnetwork.org



Call at: **202-543-6461**