



MAN THERAPY™ MICHIGAN

You can't fix your mental health with duct tape.

mantherapy.org

What is Man Therapy Michigan?

Man Therapy Michigan reshapes the conversation about suicide prevention and broader men's mental health using stories of hope, resilience and recovery, coupled with humor, to cut through stigma and tackle issues like depression, divorce and even suicidal thoughts head on.

Man Therapy Michigan provides men approaching crisis, and the people who care about them, a place to go and learn more about men's mental health, examine their own and consider a wide array of actions that can put them on the path to treatment and recovery, all within an easy-to-access online portal at www.mantherapy.org.

20 Point Head Inspection

Visitors can take the 20-Point Head Inspection to get the run down of how they excel and where they can improve their mental health; it's anonymous and free!

>>> Get Involved <<<

Statistics about Suicide¹ in Michigan

10th leading cause of death

76.5% of communities did not have enough mental health providers to serve residents in 2020, according to federal guidelines

Meet Dr. Rich Mahogany...

a character created to greet visitors, make them feel at ease and provide an overview of what they will find and explore during their visit.

He's a man's man who is dedicated to cutting through the stigma with a fresh approach.



Project part of state-wide initiative, *Preventing Suicide in Michigan Men (PRiSMM)*, funded through a five-year grant awarded by the U.S. CDC to the Michigan Department of Health and Human Services (MDHHS)

[1] American Foundation for Suicide Prevention (Data from CDC 2019, Verified Jan. 2021)

aws-fetch.s3.amazonaws.com/state-fact-sheets/2021/2021-state-fact-sheets-michigan.pdf

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