

## Suicide is the leading cause of injury death among men in Michigan

Luckily, there is a new resource to help men deal with their mental and emotional health.

**What is Healthy Men Michigan?** The HealthyMenMichigan.org campaign is a statewide initiative designed to promote mental health and wellbeing among working-aged men. The website offers **free online screening and referral resources** for several mental health issues, including suicide, and access to local, quality treatment options. Based on anonymous screening results, **some men will be invited to participate in a voluntary, paid research study** testing the effectiveness of a new male-focused online program.

Visit **HealthyMenMichigan.org** to take a screening and to learn more.

Dr. Jodi Jacobson Frey is PI for a voluntary research study connected to the campaign. To learn more about the research, please visit [www.ssw.umaryland.edu/healthymenmichigan](http://www.ssw.umaryland.edu/healthymenmichigan).

**We are seeking organizational and community partners throughout Michigan to help promote the HealthyMenMichigan.org campaign.**

**How do I get involved?** Follow these three easy steps to become a promotional partner and support this CDC-funded statewide initiative:

**1 Sign up for the Healthy Men Michigan e-newsletter mailing list** at [eepurl.com/dD5Hsr](http://eepurl.com/dD5Hsr)

**2 Get free Healthy Men Michigan promotional materials** to share in your community

- **Visit the Healthy Men Michigan Downloadable Resource Center (DRC)** at [HealthyMenMichigan.org/Toolkit](http://HealthyMenMichigan.org/Toolkit) to access flyers, social media posts, graphics and more.
- **Order free promotional materials** like posters and wallet cards that will be shipped to you at no cost from [shop.mentalhealthscreening.org/collections/healthy-men-michigan](http://shop.mentalhealthscreening.org/collections/healthy-men-michigan).

**3 Take the Take 5 Pledge** to help spread the word about [HealthyMenMichigan.org](http://HealthyMenMichigan.org):

1. Add the logo and URL link to your organization's website
2. Spotlight the campaign in your organization's newsletter
3. Send promotional emails and social media posts to community members and other like-minded organizations
4. Bring promotional materials to local venues and events
5. Share our QR code with friends and loved ones



If you have any questions about the campaign or are interested in partnering with us, send us an email at [HealthyMenMichigan@gmail.com](mailto:HealthyMenMichigan@gmail.com).