

# We Think Twice™

## Mental Health for Young Men – Partner Promotional Toolkit

*Help young men develop good mental health practices. Share the latest resource from We Think Twice™, designed to encourage self-awareness and offer a set of tools for managing mental health.*

*Please adapt the background information and social media posts below to connect this mental health resource with those who need it.*

### Background Information

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#### Equipping Young Men with Healthy Habits

Young folks in our [We Think Twice™](#) Insider community say that we need to talk more about men's mental health. Experts agree that young people struggle to know when to ask for help, and men ask for help less frequently than other genders.

Even for those young men who do seek help, there are not many places online where they can find expert-informed tips, practices, and resources. To address this need, *We Think Twice™* introduces the [\(Men\)tal Health Listicle](#). This web page can help you start and sustain conversations about mental health with your program participants. Help the young men you serve:

- understand that mental health challenges are normal and not a sign of weakness;
- recognize when they may need to seek help;
- develop strategies for managing their own mental health; and
- find resources on related topics like challenges facing LGBTQ+ youth, substance abuse, disordered eating, and more.

### Product

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The new webpage can be found here: <https://www.wethinktwice.acf.hhs.gov/mental-health>

## Shareable Resources

### Sample Social Media Posts

<p><b>Sample post 1:</b> Mental health IS for the boys. Find out ways to recognize your emotions and get support now! @WeThinkTwice  <a href="https://bit.ly/3RDGWsh">https://bit.ly/3RDGWsh</a></p> <p>#mensmentalhealth #anxiety #depression          #menshealth #stress #schoolstress          #athletementalhealth #WeThinkTwice</p>	<p><b>Sample post 2:</b> Being a man does not mean you have to be silent about your struggles. You are not alone in this! Learn how to get mental health support now @WeThinkTwice.  <a href="https://bit.ly/3RDGWsh">https://bit.ly/3RDGWsh</a></p> <p>#mensmentalhealth #anxiety #depression          #menshealth #stress #schoolstress          #athletementalhealth #WeThinkTwice</p>
<p><b>Sample post 3:</b> Guys, anyone can struggle with mental health. Get stronger by learning to recognize your emotions and seeking support when you need it. <a href="https://bit.ly/3RDGWsh">https://bit.ly/3RDGWsh</a></p> <p>#mensmentalhealth #anxiety #depression          #menshealth #stress #schoolstress          #athletementalhealth #WeThinkTwice</p>	<p><b>Sample post 4:</b> Guys, mental health struggles are normal. Get tips on knowing when you should reach out for help and how to manage difficult emotions. <a href="https://bit.ly/3RDGWsh">https://bit.ly/3RDGWsh</a></p> <p>#mensmentalhealth #anxiety #depression          #menshealth #stress #schoolstress          #athletementalhealth #WeThinkTwice</p>

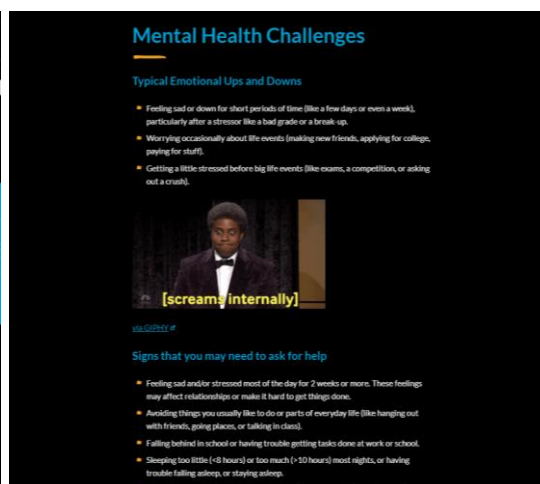
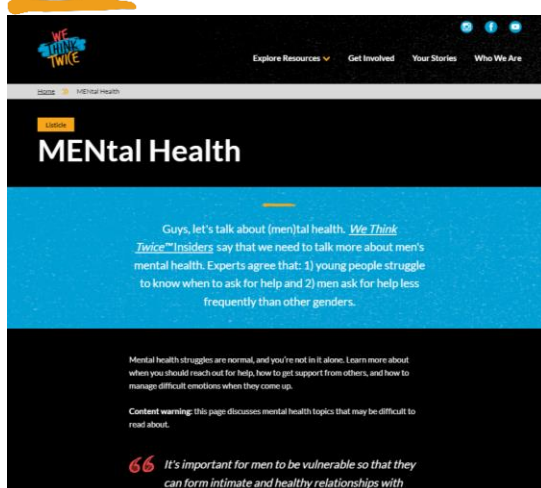
### Shareable Graphics



## Story Images (Vertical, 4:5)

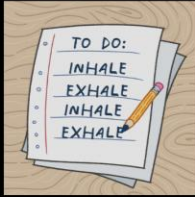


## Webpage Screenshots



## Strategies for Managing your Mental Health

These strategies work differently for everyone. It is important to find ones that work for you depending on the level of your mental distress. Try and create a mix that includes both self-management and people you can turn to for help.



[via GETTY](#)

### Ways to self-manage your mental health

- Try [mindfulness](#) or [breathing exercises](#). There are [free apps](#) if that offer guided and unguided meditations.
- Do things you typically enjoy and spend time with friends that empower you. Even if you don't feel like it at first.
- Get enough sleep ([an average teen needs 8-10 hours](#)) and exercise ([most teens need about 4 hours of moderate activity](#)).

[via GETTY](#)

## Additional Resources

[Crisis Resources](#) Open

[Finding Treatment](#) Open

[Men's Mental Health](#) Open

[Self-Management Tools](#) Open

[Sexual Orientation, Gender Identity, and Intersex Challenges](#) Open

[Disordered Eating](#) Open

[Obsessive Compulsive Disorder](#) Open

[Substance Misuse and Abuse](#) Open