



This Video Powerfully Shows Why Men Need to Talk about Mental Health

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[The Huffington Post](#) [1]

In observance of World Suicide Prevention Day on September 10, the Movember Foundation has launched a public service announcement to spread awareness of and encourage conversations about suicide prevention among men. In a brief video titled "Suicide Notes Talk Too Late," men share messages that they wrote to loved ones prior to their suicide attempts. Movember, a global charity committed to men's health, hopes to break down cultural barriers to help-seeking for men in crisis. Mark Hedstrom, senior vice president of global operations for Movember, said, "Talking about the big stuff in life?health, relationships, tough times?isn't easy for anyone, but traditional concepts of masculinity place an extra burden on men. Too many are 'toughing it out,' keeping their feelings to themselves and struggling alone with their issues."

Spark Extra! Read about [suicide prevention among men](#) [2].

Links within this resource

[1] http://www.huffingtonpost.com/entry/movember-suicide-prevention-video_us_57ceff5de4b06a74c9f0bec4

[2] <http://www.sprc.org/populations/men>

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