The Balm In Gilead Inc

Sunday Morning HEALTH CORNER



Men, Let's Talk Health: Breaking the Silence

Many men were taught to stay quiet about what they are feeling physically, mentally and emotionally. Strength has often been defined as "pushing through" instead of seeking help. Unfortunately, that silence causes many men to ignore symptoms, delay doctor visits and carry emotional burdens alone. Men's Health Month is a reminder that mental wellness matters too.

Check, don't guess

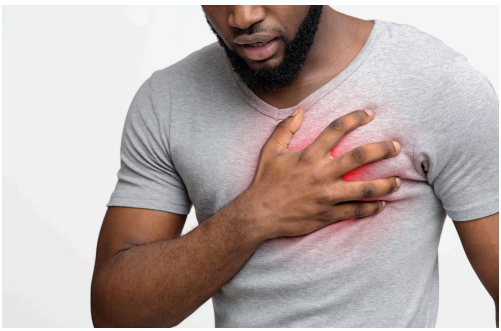
Too many men wait until something becomes severe before finally getting checked. Regular screenings and honest conversations can save lives, especially within the Black community where conditions like high blood pressure, diabetes, heart disease and untreated mental health struggles often go overlooked. Depression does not always look like sadness. Sometimes it looks like anger, isolation, exhaustion, shutting down emotionally or constantly staying busy to avoid dealing with life internally. Mental and physical health are deeply connected and both deserve attention.

Why it matters

According to the CDC, men are nearly four times more likely to die by suicide than women. Many men struggle silently because they were taught to suppress pain instead of processing it. Over time, untreated stress and emotional burnout can affect mental health, relationships, sleep and even physical health. Black men often face additional barriers when it comes to healthcare and mental wellness. Many were not raised seeing healthy conversations around therapy, emotional expression or preventive care. Men with developmental disabilities may also face challenges with communication, social isolation and access to support, making proper care even more important.

What you can do

- Schedule regular health screenings and checkups.
- Pay attention to changes in mood, stress and sleep.
- Start honest conversations with trusted people.
- Encourage the men around you to seek support early.
- Remember that asking for help is a sign of strength.



https://www.globalhandsinc.com/



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatmentand access to care through education, programming and advocacy. Learn more at **balmingilead.org**.

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