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**Men's Mental Health Matters This June**

1 message

**Thaar Care Foundation Inc** <admin-thaacare.org@shared1.ccsend.com>

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Reply-To: admin@thaacare.org

To: dianejohnstonlpc@gmail.com



## Welcome to June 2026

### Be Aware of Men's Mental Health

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#### Prioritizing Men's Mental Health in the Workplace

As we observe Men's Mental Health Awareness Month this June, it is time to dismantle the outdated societal expectations that often prevent men from seeking help. Traditional pressures to project strength and emotional stoicism frequently lead men to internalize struggles like burnout, anxiety, and depression. In a workplace environment, these challenges rarely look like typical sadness; instead, they often manifest as severe fatigue, sudden irritability, withdrawal from the team, or a drop in engagement. Tragically, a reluctance to speak out means men are far less likely to access therapy, contributing to disproportionately high suicide rates globally. True workplace wellness means building a culture where vulnerability is respected and emotional health is prioritized. We encourage everyone to check in on their colleagues, normalize conversations around mental health, and utilize the Employee Assistance Program (EAP) or other professional counseling resources. Remember, seeking support is never a sign of weakness it is an essential asset to your overall health and career. Schedule appointments at [intakes@thaacare.org](mailto:intakes@thaacare.org)



## Join Us for a Community Mental Health Summit

We invite you to join us for an upcoming **Free Mental Health Summit**, a dedicated space to expand your knowledge on recognizing and treating trauma.

While registration is free, your [donation to the Thaar Care Foundation](#) allows us to continue providing vital resources to those in need.

Attendees will have the opportunity to hear from expert speakers from Thaar Care as they present on two of the most pressing issues in mental wellness today: **Suicide Awareness** and **Veteran Mental Health**.

Whether you are a professional looking to sharpen your skills or a community member wanting to support the well-being of our neighbors and heroes, this summit offers invaluable insights into the path toward healing. Together, we can build a more informed and resilient community.

## June Mental Health Month

### Men's Mental Health Awareness

- **Focus:** Dedicated to breaking the stigma around emotional vulnerability in boys and men, recognizing that male depression often manifests as anger, aggression, or isolation rather than sadness.

### PTSD Awareness Month

- **Focus:** Led by organizations like the National Center for PTSD to educate the public about trauma, its symptoms, and effective treatments.
- **Key Date:** June 27 is officially recognized as PTSD Awareness

## Supporting Community

### Striking Out the Stigma: Our Day with the Thaar Care Foundation & Local Advocates

Our team recently had the privilege of stepping out into the community to attend a powerful mental health awareness and community day at the ballpark, heavily supported by the grassroots efforts of the [Thaar Care Foundation](#). Dedicated to expanding local access to vital mental health services, the event brought together advocates, families, and sports fans at UWM Field to remind us all that mental wellness is a team sport.

### Inspiring Speakers & Lived Experiences

The heart of the day centered around a series of raw, unscripted on-field discussions. Prominent guest speakers including former Detroit quarterback and mental health advocate Eric Hipple took to the stage to share personal battles with anxiety, loss, and emotional resilience. The overwhelming message of the day was clear: traditional pressures to project silence or stoicism cannot override our human need for connection, and seeking professional help is a true sign of strength.

### Collaborative Community Partners

The event's immense success was made possible through a network of dedicated advocacy partners. We were deeply moved by the presence of [Shawn Davis and the Brendan Davis Memorial Foundation](#), a foundation created to honor Brendan's memory by turning tragedy into a life-saving mission for others. In collaboration with the ["Be Nice." Mental Health Foundation](#) program, Shawn and his foundation work tirelessly to equip schools, sports

Day.

## June Health Themes

- **Alzheimer's & Brain Awareness Month:** Focuses on brain health, dementia care, and the mental impacts of cognitive decline.
- **LGBTQ+ Pride Month:** Frequently utilized as a time to highlight intersectional mental health struggles, community support, and the need for inclusive, affirming care for queer and trans individuals.

<https://tandempsychology.com/understanding-lgbtq-mental-health-during-pride-month/>

## Specialized LGBTQ+ Hotlines

- **The Trevor Project** (Youth Support) – Call 1-866-488-7386 or Text "START" to 678-678. Offers 24/7/365 suicide prevention and crisis intervention for LGBTQ+ young people ages 13–24.
- **Trans Lifeline** (Peer Support) – Call 1-877-565-8860 (US) or 1-877-330-6366 (Canada). A 24/7 peer support hotline run by trans and non-binary individuals for trans, non-binary, and questioning peers.
- **LGBT National Help Center** (All Ages) Provides peer counseling, local resource databases, and safe spaces. They operate specialized lines Monday–Friday (4 PM–12 AM ET) and Saturday (12 PM–5 PM ET):
  - Adult Hotline: 1-888-843-4564
  - Youth Talkline (up to age 25): 1-800-246-7743
  - Coming Out Support Line: 1-888-688-5428
- **SAGE LGBT Elder Hotline**
- **Call 1-877-360-5428.** A 24/7 hotline connecting older LGBTQ+ adults and their caretakers with certified, friendly responders.
- **Call BlackLine** (Intersectional Support) – Call or Text 1-800-604-5841. A peer support network specifically centering Black, Indigenous, and People of Color (BIPOC) with an LGBTQ+ Black Femme lens

teams, and workplaces with the Be Nice. action plan (Notice, Invite, Challenge, Empower). Their combined efforts gave attendees practical, everyday tools to recognize the signs of depression and prevent suicide.

## Real, Lasting Impact

We walked away from the event feeling deeply inspired and re-energized. A massive thank you to our team members who attended, and to the courageous advocates paving the way toward positive social change in our community.



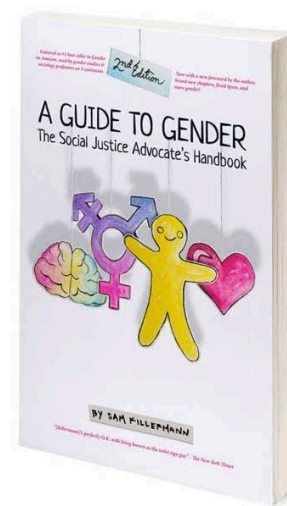
## Amazon Wish List

If you'd like to support our mission in a more hands-on way, please consider browsing our **Amazon Wish List**, which features the specific items we need most to keep our operations running smoothly. We understand that a direct financial contribution isn't always feasible, and we truly

## JUNE Mental Health Dates

- **June 1:** The Longest Day Launch / Wear Purple Day Hand-in-hand with Alzheimer's & Brain Awareness Month, advocates kick off the month by wearing purple. It also marks the sign-up period for "The Longest Day," a sunrise-to-sunset fundraising event organized by the Alzheimer's Association held on the summer solstice.
- **June 8–14: National Men's Health Week** – This week always concludes on Father's Day. While it encompasses physical medical checkups, mental health organizations heavily utilize this week to push for male depression screenings and talk therapy outreach.
- **June 15: Wear Blue Day – Part of Men's Health Week,** individuals are encouraged to wear blue to show support for the health, wellness, and mental well-being of the men and boys in their lives.
- **June 18: Autistic Pride Day** – A day celebrating neurodiversity, self-advocacy, and pride for individuals on the autism spectrum.
- **June 27: National PTSD Awareness Day & Screening Day** This is the most heavily observed single date of the month. The U.S. Department of Veterans Affairs (VA) and local clinics use this day to offer free online PTSD self-screens and promote trauma-focused psychotherapies like CBT and EMDR. PTSD: National Center for PTSD (.gov)
- **Take the Self-Screen:** You can take a free, confidential online assessment anytime using the [VA PTSD Self-Screen tool](#).

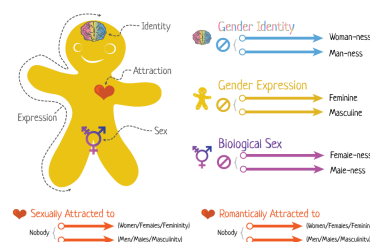
value every form of generosity; to that end, we also gratefully accept gift cards for Amazon, local grocery stores, Uber, and other essential services. These contributions provide us with the flexibility to meet urgent needs as they arise, ensuring that every bit of your support goes exactly where it's needed most. Contact our office see how you can help.



## Book of the Month

For this month's selection, we are diving into **A Guide to Gender (2nd Edition): The Social Justice Advocate's Handbook** by Sam Killermann is an accessible, entry-level primer designed to help everyday readers, educators, and activists navigate the complexities of gender identity, expression, and equity. Written with a mix of clear language, practical examples, and engaging humor, the book serves as a foundational toolkit to dismantle common misunderstandings about the gender binary

The Genderbread Person v3.2 in partnership with



## JULY Community Focus



**Let's Connect in JULY!** Throughout the year, we love hitting the road to visit local events and meet our neighbors face-to-face. Our goal is to spread the word about building healthy boundaries and fostering the meaningful connections that support mental health for all ages. If you see us out in the community, please stop by and say hi—we'd love to meet you and hear your story!

Tickets now on sale with our partners **Team Continue** (July), **View Fest at Zoo** (July) . Fundraising events for suicide prevention for youths and teens. Money raised provides counseling services for our clients.



Ready to make a difference? Register here for the **TEAM Continue 58er Ride**. Your donations go directly toward providing vital resources and hope for young adults navigating or healing from the struggles of suicide. See Below and tap the link to register.



**6th Annual 58er Ride**

We are gearing up for our biggest and best ride yet.

The 6th Annual Team Continue Ride is a day to come together as a community to honor, remember, and continue the work that matters most.

Whether you are an experienced cyclist, a casual rider, or prefer to walk, there is a place for you.

Choose Your Distance

**58er** – Our signature ride

**29er** – A strong but approachable challenge

**5K Walk** – Perfect for families and supporters of all ages

You do not have to ride 58 miles. This is not a race. There are no timers and no pressure. Walk or ride at your own pace. Stay for the distance that feels right for you. This day is about showing up.

Your Registration Includes: Live music from Be the Dog ,Lunch from Sapporo Italian, Drinks and refreshments, Raffle prizes



**Reduce Stigma by normalizing the conversation and equating mental care with physical care.**

**YOUR HEALING JOURNEY START HERE**

**You can be the difference.** If a friend or family member is having a hard time, help them connect with the **988 Lifeline**. Supporting someone can be hard on you, too. **Take care of your mental health** and reach out for support if you need it.

## YOUR FEEDBACK MATTERS

Connect with us!



Thaar Care Foundation Inc | [43329 Schoenherr Road](#) | Sterling Heights, MI 48313 US

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