

NEVER ALONE

MEN'S HEALTH MONTH



CAMPAIGN TOOLKIT | JUNE 2025

June is Men's Health Month, and the Canadian Men's Health Foundation is here to remind guys they are **#NeverAlone**.

Our latest [research report](#) shows 1 in 2 men are at risk of social isolation and dealing with higher levels of stress and depression. So let's talk about the tough stuff, get the tools to build better mental health, and create a national movement bringing men together.

WEB LINKS

menshealthfoundation.ca/canadian-mens-health-month

fondationsantedeshommes.ca/mois-canadien-de-la-sante-des-hommes

[Download Graphics](#)

JOIN THE MOVEMENT

- 1) Re-share or make your own **#NeverAlone** social post using this toolkit. Tag **@menshealthfdn** **#MensHealthMonth** on [Instagram](#), [Facebook](#), [LinkedIn](#), [X](#) or [TikTok](#) for the chance to be reposted.
- 2) Join his run or [donate to Sachin Latti](#) as he kicks off a 7,500 km journey across Canada (100km per day!) on June 16 to raise funds and awareness for mental health.
- 3) Add the campaign messaging above to your website or newsletter.

QUESTIONS? Contact info@menshealthfoundation.ca



2025 MEN'S MENTAL HEALTH FACTS

[Get the Research](#)

The 2025 study, conducted by CMHF and Intensions Consulting, surveyed 2,000 Canadian men aged 19 or older.

- 64% report moderate-to-high levels of **stress**—up 4% in one year
- 23% are at risk of moderate-severe **depression**—up 4% in one year
- 1 in 2 men are at risk of **social isolation**, this risk increases for:
 - Men who live alone (73%)
 - Younger men ages 19-29 (67%)
 - Racialized men (59%)
- 67% of men are not seeking out professional mental health support services

RUN ACROSS CANADA

[Download Graphics](#)

[Donate Now](#)



7,500 km | \$1 million

On June 16, Sachin Latti will begin a monumental journey: a 7,500 km run across Canada (100km per day!) to raise \$1 million for mental health.

An 18-year veteran of the Canada Border Services Agency, Sachin started running as an outlet for his own mental health. Now he's running for others struggling in silence, feeling lost, or searching for a way forward.

Learn more, run with Sachin, and donate today.

#NeverAlone Videos

When feeling “off” lasts longer than your gaming marathon, hit pause and reach out. June is #MensHealthMonth and we’re joining @menshealthfdn to talk about the tough stuff and build a national movement bringing men together.

- ♦ Explore confidential mental health tools
- ♦ Register now: free Mental Fitness Workshop on June 12

You’re #NeverAlone 👉 <https://dcm.tips/3ofzDXI>



Guys, we’re master fixers—toilets, toys, cars, leaky faucets—but we’re not meant to fix everything alone. June is #MensHealthMonth. We’re joining @menshealthfdn to talk about the tough stuff and build a national movement bringing men together.

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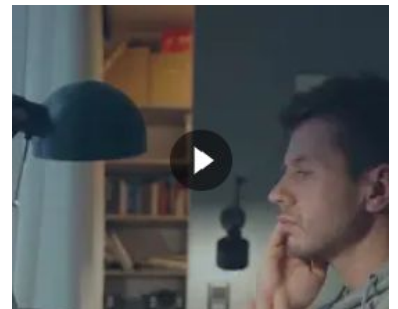


General Campaign Post

1 in 2 men are at risk of social isolation and dealing with higher levels of stress and depression. June is #MensHealthMonth and we’re joining @menshealthfdn to talk about the tough stuff and build a national movement bringing guys together.

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