

Supporting Young Men & Boys


MOVEMBER®

CONNECTION, SUPPORT AND MENTAL WELL-BEING MATTER

Young men and boys face unique challenges that can affect their mental health and well-being. Building supportive relationships, encouraging help-seeking, and creating opportunities for connection can strengthen resilience and improve outcomes.

WHY FOCUS ON YOUNG MEN & BOYS?

Social expectations around independence, strength, and self-reliance can sometimes make it difficult for young men to express emotions, seek support, or access care when they need it.

PROTECTIVE FACTORS



CONNECTION

Strong relationships with family, friends, mentors, and trusted adults.



BELONGING

Feeling accepted and valued within schools, workplaces, and communities.



CONVERSATION

Open discussions about emotions, stress, and mental health.



PURPOSE

Opportunities to build confidence, skills, goals, and identity.



Positive relationships and social connectedness are among the strongest protective factors for mental well-being.



YOUNG MEN & BOYS IN MARYLAND

Boys and young men face a disproportionate burden of suicide mortality in Maryland. From 2018–2024, **80% of deaths among Marylanders under age 30 were among males.**

Prevention means **building** connection, **encouraging** help-seeking, **reducing access to lethal means** during a crisis, and **recognizing warning signs early** so young men can be connected to support.

CONNECT

- **Small, regular check-ins matter more than one big conversation.**
- Connect during everyday moments, help him identify another trusted adult, and encourage belonging through a team, club, job, or community.

RECOGNIZE

- **Notice changes from his usual self.**
- Distress may show up as anger, risk-taking, withdrawal, or loss of interest, not just sadness. Take any talk of dying, being a burden, or having no way out seriously.

SUPPORT

- **Ask** directly.
- **Listen** without trying to fix everything.
- **Encourage** action by identifying one clear next step.
- **Check in** again and keep the conversation going.

R E S O U R C E S

Learn more about men's mental health, evidence-based approaches, and available supports through **November, the Maryland Department of Health, and the 988 Suicide & Crisis Lifeline.**

988 SUICIDE &
CRISIS LIFELINE



NOVEMBER:
START THE
CONVERSATION



NOVEMBER
INSTITUTE
PUBLICATIONS



MDH SUICIDE
PREVENTION
PROGRAM



988 | SUICIDE & CRISIS
LIFELINE CALL | TEXT | CHAT

Maryland Department of Health | Behavioral Health Administration | Suicide Prevention Program