



MindFit Toolkit (Men's Health Foundation) - www.menshealthfoundation.ca/mindfit-toolkit

The Canadian Men's Mental Health Foundation's MindFit Toolkit offers comprehensive support for men seeking to enhance their mental wellness. Designed to address the unique challenges men may face in managing stress, anxiety, and depression, this toolkit provides accessible resources tailored to their needs. By offering the right tools for the job, the MindFit Toolkit empowers men to take proactive steps towards better mental health, fostering resilience and well-being.



Buddy Up (The Centre for Suicide Prevention) - www.buddyup.ca/about

Buddy Up is a men's suicide prevention campaign created by the Centre for Suicide Prevention. The campaign is a call to action for men, by men, to drive authentic conversation amongst men and their buddies. The campaign includes a toolkit, plenty of resources, workshop options, and the Buddy up challenge which includes eight activities you can do anytime and one week-long activity every quarter.



Tackle Important Conversations (Movember) - conversations.movember.com

Movember offers a practical resource to facilitate conversations with men who may be struggling with their mental health. Recognizing that initiating these discussions can be daunting, Movember provides guidance on how to start and navigate conversations with confidence. By practicing conversations on any chosen topic, individuals can develop the skills needed to engage effectively and supportively. With Movember's guidance, breaking the ice and maintaining a helpful dialogue becomes more manageable, fostering connections and promoting mental well-being.



HeadsUpGuys - www.headsupguys.org

HeadsUpGuys, a program from the University of British Columbia, is an online, anonymous resource tailored for men and their families, aimed at combating the decline in men's mental health and reducing suicide rates. The platform offers a wealth of tips, articles, and recovery stories to equip men with the tools to battle depression. HeadsUpGuys serves as a supportive and informative platform, empowering men to prioritize their mental well-being and seek the help they need.



DUDES Club - www.dudesclub.ca

The DUDES Club offers a proven model for promoting Indigenous men's wellness. Through solidarity and brotherhood, it fosters pride and purpose among members. Within DUDES Clubs, the traditional hierarchy of the medical model is dismantled, prioritizing cultural competence, genuine connections, and support in navigating healthcare systems. Community-driven initiatives emphasize the role of peer champions, welcoming all individuals who identify as men. DUDES Clubs focus on communities with significant Indigenous populations, expanding where local leadership, motivation, and resources support their mission.