



# WEBINAR RESOURCES - BEYOND THE STIGMA: UNDERSTANDING AND SUPPORTING MEN'S MENTAL HEALTH

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## Help Lines

- Physician Health Program: 1-800-663-6729
- BC Mental Health Support Line: 310-6789 (no area code needed)

## Articles

- [Adolescent and Young Adult Male Mental Health: Transforming System Failures into Proactive Models of Engagement](#) (Rice et al.)
- [The Natural History of Male Mental Health: Health and Religious Involvement](#) (Vaillant et al.)
- [Male Mental Health Problems, Psychopathy and Personality Traits: Key Findings from the First 14 Years of the Pittsburgh Youth Study](#) (Loeber et al.)

## Online Resources

- [Crisis Intervention and Suicide Prevention Centre of BC](#)
- [CMHA - BC Division](#) (Canadian Mental Health Association)
- [Moving Forward Family Services](#)
- [PCE Assessment](#) (Pinetree Institute)
- [Movember](#)
- [Men's Mental Health](#) (Canadian Mental Health Association)
- [Men's Mental Health & Suicide in Canada](#) (Mental Health Commission)
- [Men and Mental Health](#) (National Institute of Mental Health)
- [Men and Mental Health: What are We Missing?](#) (Association of American Medical Colleges)
- [Canadian Men's Health Foundation](#)
  - [Men's Health Check](#)
  - [Men's Mindfit Toolkit](#)

## Additional Resources

- Documentary: [The Mask You Live In](#)