



MAN THERAPY™ OHIO

You can't fix your mental health with duct tape.

mantherapy.org

What is Man Therapy Ohio?

Man Therapy Ohio reshapes the conversation about suicide prevention and broader men's mental health using stories of hope and recovery, coupled with humor, to cut through stigma and tackle issues like depression, divorce, and even suicidal thoughts head on.

Man Therapy Ohio provides men, and the people who care about them, a place to go and learn more about men's mental health, examine their well-being, and consider a wide array of actions that can put them on the path to seeking help, recovery, and resilience. All of this is done within an easy-to-access free, online website at www.mantherapy.org.

"A MUSTACHE

**is no place to hide
your emotions."**

-Dr. Rich Mahogany

>>> Get Involved <<<

Email ManTherapyOhio@gmail.com

Visit & Refer Check out www.mantherapy.org and recommend it to men who could benefit

Follow @ManTherapyOhio on Facebook & Twitter/X

Meet Dr. Rich Mahogany...

a character created to greet visitors, make them feel at ease and provide an overview of what they will find and explore during their visit.

He's a man's man who is dedicated to cutting through the stigma with a fresh approach.

Statistics about Suicide¹ in Ohio

3rd leading cause of death for
ages 25-34

4th leading cause of death for
ages 35-44



This state-wide initiative is brought to you by the Ohio Suicide Prevention Foundation (OSPF) with funding from the Ohio Department of Mental Health and Addiction Services (OhioMHAS)

[1] American Foundation for Suicide Prevention (Data from CDC 2020, Verified Mar 2022)

<https://aws-fetch.s3.us-east-1.amazonaws.com/state-fact-sheets/2022/2022-state-fact-sheets-ohio.pdf>

ManTherapyOhio@gmail.com

mantherapy.org

