

Men's Health Resources

General Mens Health Resources

Mens Health Network www.menshealthnetwork.org: Screenings, campaigns, national stats.

CDC Mens Health www.cdc.gov/men: Lifestyle, chronic disease prevention.

Mayo Clinic Mens Health Center www.mayoclinic.org: Trusted health guidance.

Mental Health & Emotional Wellbeing

Movember Foundation www.movember.com: Mental health, suicide prevention, prostate/testicular cancer.

Heads Up Guys www.headsupguys.org: Depression tools and support for men.

NAMI www.nami.org: Mental health groups, helplines, education.

Heart & Physical Health

American Heart Association www.heart.org: Heart disease prevention and activity tips.

Prostate Cancer Foundation www.pcf.org: Screening and survivor support.

Zero Prostate Cancer www.zerocancer.org: Education and advocacy.

Fitness & Nutrition for Men

ChooseMyPlate for Men www.myplate.gov: Nutrition and meal planning.

Mens Health Magazine www.menshealth.com: Fitness and lifestyle.

National Institute on Aging www.nia.nih.gov: Fitness for older men.

Fatherhood, Relationships & Support

National Fatherhood Initiative www.fatherhood.org: Support for dads.

The Mens Resource Center www.menscenter.org: Coaching and therapy for men.

Bonus: Apps & Tools

MyFitnessPal Fitness and food tracker.

Calm / Headspace Meditation and stress relief.

Blue Zones Life Challenge Longevity habits.

Dario / One Drop Health tools for managing diabetes and BP.