

## Resource List – Men’s Mental Health & Toxic Masculinity

*Men are almost four times more likely to die by suicide than women. This is largely because they are much less likely to seek professional help or to speak about their mental health struggles. By actively challenging the idea that to be masculine you should keep your emotions and vulnerabilities inside, we can work towards healthier behavior in boys and men. Suicide is a preventable death. Let’s push for a culture where everyone feels able to talk about their struggles.*

- **Books:**
  - [Time to Talk: How Men Think About Love, Belonging and Connection](#) - Alex Holmes
  - [The Will To Change: Men, Masculinity, and Love](#) - Bell Hooks
  - [For The Love Of Men: A New Vision for Mindful Masculinity](#) - Liz Plank
  - [I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression](#) - Terrence Real
  
- **Podcasts:**
  - [Scene On Radio](#)
  - [Man Enough](#)
  - [Time to Talk with Alex Holmes](#)
  
- **Videos:**
  - [A Call To Men, Tony Porter's TED Talk](#)
  - [Why I'm Done Trying To Be "Man Enough" TED Talk](#)
  - [Violence Against Women: It's a Men's Issue](#)
  - [SMiLe Film Series \(Ben Raemers Foundation\)](#)
  - [Skater Gonzi's Fight with Borderline Schizophrenia \(VICE\)](#)
  - [Skater Ben Raemers' Tragic Death Sparked a Mental Health Movement \(VICE\)](#)
  - [Minding the Gap \(2018 full-length documentary about skateboarding and trauma\)](#)
  
- **Websites:**
  - [www.rethinkingmanhood.com](http://www.rethinkingmanhood.com)
  - [www.consentisrad.com](http://www.consentisrad.com)
  
- **Articles:**
  - [How Skate Kitchen and Minding the Gap Redefine Masculinity in Skate Culture](#)

*If you would like to suggest resources to add to this list, please contact: [ruby@goodpush.org](mailto:ruby@goodpush.org)*