

The Importance of TALKING ABOUT ANXIETY



The BRO Program

MALE ANXIETY IS NOT TALKED ABOUT ENOUGH

Anxiety can impact every part of your life, from your social life to your physical health to your sleep and appetite.

Teen boys will experience more physical symptoms, such as headaches and nausea, than girls.

When adults experience anxiety, it can cause them to be more aggressive and feel out of touch with their bodies, like they're losing control.

CHALLENGING THE STIGMA OF ANXIETY IN MEN AND BOYS



Men and boys of all ages often struggle to express their feelings or seek support, for many reasons:

- Not being able to find discrete and effective professional support
- Not understand that the symptoms they are feeling are a result of anxiety
- Society discouraging them from expressing their emotions openly

The BRO Program offers resources for males dealing with anxiety-related mental health challenges. These resources include knowledge on how different anxieties feel for men and boys, and guidance on where and how to seek help. We organise numerous activities and events throughout the year and offer access to therapy for men and boys who have not been able to receive the support they require.

WE ARE IN YOUR CORNER



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The Building Relationships
Outreach Program

CONTACT US

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