

Strong Men Ask for Help

Let's be honest. Reaching out for professional help isn't exactly easy. As a man, you may have learned to push through, stay tough, and keep things private. There's nothing wrong with any of that, but mental health challenges—just like physical health issues—don't care how tough you are. They affect everyone, even U.S. Navy Seals. That's why the U.S. Navy Special Warfare command maintains and encourages use of its mental health resources, including an employee assistance program (EAP).

So, if you hit a rough patch, you've got backup. It's your EAP. This resource is confidential, free, and designed to help you get back to feeling like yourself so you can stay at the top of your game. Here are 10 reasons (excuses, really) you might recognize for not reaching out. Let's debunk them.

"I should be able to handle this on my own."

It's one of the most common lines employee assistance professionals hear. Dealing with life's stressors alone isn't a sign of strength—it's isolation. Strength is knowing when to reach for support to tackle problems bogging you down.

"I don't want people at work knowing my business."

The EAP is confidential. Your boss, coworkers, and HR won't know you called. It's not recorded in your work file. Privacy is protected by law, and your employer's policy gives this assurance. No one needs to know unless *you* want them to.

"Dealing with my problem means facing other problems related to it."

Taking action on a problem can lead to positive ripple effects, while avoiding it often makes things worse. Waiting may limit your options and create a larger crisis later. Contacting the EAP now can give you a clearer view of your options and the path to resolution.

"It won't help with my situation."

It's easy to believe a personal problem is too unique to solve—especially if you've struggled with it alone for a long time. But reaching out for help often brings new insight and reveals the next step. Try this idea: changing the dynamic can change everything.

"It's not that bad, yet."

Delaying help is called "crisis building." When problems worsen, options for resolution also become fewer. Calling the EAP isn't just for a crisis. It's always for *now* when smaller steps can still make a big difference.

"I don't have time for this."

Generally, people make time for the most urgent things in their lives. Don't let "not having enough time" be a way of avoiding something that's difficult and emotionally challenging, but likely to make your life happier.

"The EAP won't understand me."

EAP professionals are trained to work with all kinds of people—including men dealing with stress, anger, burnout, and more. You may doubt whether the EAP professional can understand your unique world view, how you have suffered, or how your problem is unique compared to others. EAP counselors are skilled at listening without judgment, asking the right questions, and helping you find clarity and solutions—solutions that fit your personal experience and values.

"Therapy is for bigger problems than mine."

The EAP does not provide therapy. It provides professional assessment and referral and offers short term problem-solving and many types of support and guidance for issues big and small. You may not need therapy for the issue or problem you face. Most employees who use the EAP don't get therapy and don't need it.



"I will look weak if I go to counseling."

It takes strength to admit needing help. Seeking support proves you can solve problems, not hide from them. In fact, people who use the EAP are often those who care most about doing well at work and in life. Using resources wisely isn't weakness—it's a smart move and it proves you can take charge of your well-being.

"I haven't done anything like this before—actually seeing a counselor."

The idea of seeing an employee assistance professional might seem intimidating, but you'll discover how relaxed and easy it is working with a nonjudgmental problem-solver with experience and resources at the ready. The dominant feeling most clients have is relief and thoughts of why they did not call sooner.

Take the Next Step!

We all hit bumps in the road in life, and nobody gets through it alone. If something's been weighing on you—stress, conflict, anger, burnout, relationship crisis, grief—it might be time to make a call. The EAP is confidential and free, and you don't have to figure everything out on your own. Call the EAP today—and get back to feeling like *you* again.