

WELCOME TO

MAN THERAPY

As it turns out, there are worse feelings than being kicked in the gibles.

HEAD INSPECTION

GET STARTED →



ABOUT MAN THERAPY



WATCH THE INTRO



Explore Men's Mental Health Resources

Categories

Search

What are you thinking about? Select all that apply.

SUBSTANCE USE

DEPRESSION & SUICIDE

ANXIETY

ANGER

SLEEP

RELATIONSHIPS & SEX

GRIEF

TRAUMA

VETERAN / MILITARY

FIRST RESPONDER

Highlight resources near you.

CALIFORNIA: RIVERSIDE COUNTY



APPLY FILTERS

RESOURCES NEAR ME

TAKEMYHAND PEER SUPPORT CHAT

Peer support

➔➔

RESOURCES NEAR ME

INLAND SOCIAL CRISIS & SUICIDE HOTLINE

(951)-686-HELP

➔➔

GENTLEMENTAL HEALTH®101

ANXIETY

WHEN WORRY GRABS YOU BY THE BALLS

➔➔

GENTLEMENTAL HEALTH®101

DIFFICULT TRANSITIONS

LIFE THROWS A NASTY 12-6 CURVEBALL

➔➔

RESOURCES NEAR ME

CARES LINE

Community Access, Referral, Evaluation and Support

➔➔

RESOURCES NEAR ME

LOCAL RESOURCES IN RIVERSIDE COUNTY, CA | WESTERN REGION

Riverside, Corona, Moreno Valley, and more in California

➔➔

GENTLEMENTAL HEALTH®101

SLEEP

WHEN CATCHING Z'S IS HARDER THAN CATCHING A 20LB TROUT.

➔➔

RESOURCES NEAR ME

LOCAL RESOURCES IN RIVERSIDE COUNTY, CA | MID-COUNTY REGION

Menifee, Temecula, Lake Elsinore, Hemet, San Jancinto and more in California

➔➔

RESOURCES NEAR ME

LOCAL RESOURCES IN RIVERSIDE COUNTY, CA | DESERT REGION

Indio, Blythe, Baumont, La Quinta, Palm Springs, Cathedral City and more in California

➔➔

RESOURCES NEAR ME

LOCAL RESOURCES IN RIVERSIDE COUNTY, CA


Connect with resources in Riverside County, CA

➔➔

ONE-ON-NONE™ THERAPY

JOURNALING


No one is asking you to be the next Bill Shakespeare. But just writing a simple entry once in a while can make you less stressed, increase self-esteem and improve your relationships.



ONE-ON-NONE™ THERAPY

REST AND RELAXATION

Stressed out? Caught on life's hamster wheel? Stop going round-and-around and get some perspective. Doing something for you is the equivalent of taking a hefty dose of chill pills.



TESTIMONIALS: MIKE: LAID OFF AT 50



RESOURCES

RESOURCES

988 LIFELINE CRISIS CHAT

The Lifeline Crisis Chat is a place to talk about problems and stress that may be difficult to talk about anywhere else. It's a place to find nonjudgmental support and help through a difficult time.

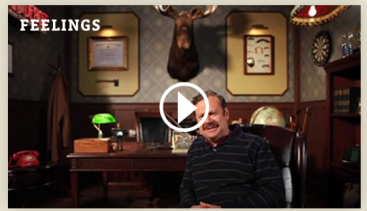
NATIONAL FATHERHOOD INITIATIVE

We strive to ensure a brighter future for America's youth. By equipping and educating fathers, we're working on an issue that is at the core of our nation's well-being.



SOMETIMES A MAN NEEDS A PORK SHOULDER TO CRY ON.

FOR THAT, THERE'S MAN THERAPY.



QUESTION

Can't I just fix my problems by myself?

[FIND OUT! >](#)

OPEN-FIELD TACKLE LIFE'S ISSUES

WITH MAN THERAPY.

QUESTION

Shouldn't men keep their feelings to themselves?

[FIND OUT! >](#)

QUESTION

When a person dies by suicide, is there something wrong with that person's character?

[FIND OUT! >](#)



RESOURCES

T2 MOOD TRACKER

A mobile app. T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health.



DID YOU KNOW?

ROUGHLY 1 IN 10 AMERICAN MEN SUFFER FROM RAGE OR "INTERMITTENT EXPLOSIVE DISORDER."



1 in 10 men suffer from rage.