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FOR IMMEDIATE RELEASE:

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Celebrating National Men's Health Month

The Grand Traverse County Health Department (GTCHD), in collaboration with the Northern Michigan Public Health Alliance, celebrates National Men's Health Month every June. This month is dedicated to raising awareness about preventable health issues and promoting the early detection and treatment of diseases that disproportionately affect men, such as heart disease, depression, and sexually transmitted infections (STIs). At every stage of life, men are encouraged to consider three equally important aspects of their health, including physical health, mental health, and social connection.

Men are statistically less likely than women to visit a healthcare provider for regular checkups, screenings, or mental health care. This can lead to delayed diagnoses and poorer health outcomes. Taking the time for a routine checkup or screening is an important first step toward long-term well-being.

Rates of STIs, including chlamydia, gonorrhea, and syphilis, are increasing across Michigan. Men, especially those under 30 or with multiple sexual partners, are encouraged to get tested regularly. The GTCHD provides confidential STI testing and treatment services, regardless of insurance status or ability to pay.

"Getting tested for STIs is quick, simple, and helps you and your partner stay healthy," said Beverly Morrison, GTCHD Disease Prevention Supervisor.

Men are also encouraged to stay connected with their communities and support systems. Loneliness and social isolation are linked to poor health outcomes, including increased risk of heart disease and mental health challenges. Something as simple as a phone call, a walk with a friend, or joining a local group can make a meaningful difference.

Need help connecting with a doctor, mental health support, transportation, or other resources? GTCHD's Community Connections program can help. Fill out a referral form at [GTCHD's Community Connection](#) website page to get started.

For more information or to schedule an appointment with GTCHD's Reproductive and Sexual Health Clinic, visit our [website](#) or call 231-995-6113.

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