

Men's Health Network Launches Annual Men's Health Month Resources Ahead of June 2026 Awareness Campaign

WASHINGTON, DC, UNITED STATES, May 18, 2026 /EINPresswire.com/ -- Men's Health Network (MHN) is encouraging organizations, workplaces, healthcare providers, advocates, families, and communities to begin preparing now for Men's Health Month (June 2026) and International Men's Health Week (June 15–21, 2026) by visiting the official campaign website at www.MensHealthMonth.org.

Men's Health Month (MHM) was founded by Men's Health Network in 1994 to raise awareness about preventable health conditions affecting men and boys and to encourage prevention, early detection, and healthier lifestyles. Later, in 2002, MHN worked with its extended international network and partner organizations to help establish International Men's Health Week (IMHW), which has since grown into a global movement recognized and supported by organizations, advocates, healthcare systems, and communities in countries around the world, with notable countries: Ireland, UK, Canada, Australia, and More.

Over the past 3 decades, the awareness movement has grown far beyond its original launch, becoming nationally and internationally recognized campaigns embraced by workplaces, healthcare systems, schools, nonprofits, community organizations, families, and advocates around the world. What began as an awareness initiative has evolved into a broader movement focused on improving health outcomes, strengthening families and communities, and helping close the Lifespan Gender Gap.

The MHM online awareness hub includes free downloadable resources, campaign messaging, important awareness dates, educational tools, social media graphics, newsletter and blog



The graphic features the MHN logo at the top left, followed by the year '2026' and the text 'MEN'S HEALTH MONTH' in large, bold, orange letters. Below this is a photograph of a family (a man, a woman, and two children) embracing. At the bottom, there is a blue section with white text: 'Men's Health Month Theme: Partners in Care: Advancing Men's Health Through Connection, Education, & Advocacy Across the Lifespan — for Better Lifespans'. Contact information for MHN is provided, including an email address and a phone number. The text 'Presented By: Men's Health Network' is also present.

MHN
Men's Health Network
www.menshealthmonth.org

2026
MEN'S HEALTH MONTH

Men's Health Month Theme:
Partners in Care: Advancing Men's Health Through Connection, Education, & Advocacy Across the Lifespan — **for Better Lifespans**

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Presented By:
Men's Health Network

Men's Health Month Digital Media Toolkit, 2026 Free Resource for Awareness & Prevention

examples, proclamation samples, and ready-to-use outreach materials designed to help communities participate in MHM activities throughout June.

This year's Men's Health Month theme, "Partners in Care: Advancing Men's Health Through Connection, Education, & Advocacy Across the Lifespan — for Better Lifespans," emphasizes that men's health is shaped by relationships, support systems, education, workplaces, and communities working together to encourage prevention, early detection, and healthier outcomes.

"The best time to prepare for Men's Health Month is before June begins," said Jennifer Thompson, Vice President of Operations & Communications at Men's Health Network. "Whether someone wants to host a local men's health event, organize a workplace Wear Blue campaign, share educational material, or the how-tos for starting conversations around men's health, the resources are available online through the Men's Health Month website to help communities prepare and make an impact."

TODAY STARTS
**MEN'S
HEALTH
WEEK**

This year, we're supporting emotional well-being through connection & shared care.

Support Loved Ones Share Health Concerns

Grab FREE Men's Health Resources

Everything you need to have an impactful health-forward conversation this June!

MensHealthMonth.org

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International Men's Health Week (IMHW)
2026 - June 15–21, 2026: Uplifting
Fatherhood

[The FREE MHM Digital Media Toolkit Resource:](#)

“

Whether someone wants to host a... men's health event, a Wear Blue campaign, share educational material... the resources are available through the [MHM] website to help communities make an impact.”

*Jennifer Thompson, VP at
MHN*

- Digital Media Toolkits
- Social media graphics / messaging
- Sample blogs / newsletter copy
- Men's Health Month themes / important dates
- “Wear Blue” awareness campaign resources
- Community event planning tools
- Awareness / advocacy resources
- Educational materials / downloadable graphics
- Resources for hosting workplace fundraisers / other activities

In addition to free resources, Men's Health Network also offers educational awareness materials and promotional

items through the online Store, including brochures, flyers, posters, booklets, screening guides, and awareness swag to help organizations, schools, healthcare providers, employers, and community groups prepare for June outreach efforts.

Educational and promotional materials are available at:

<https://menshealthnetwork.org/store/>

MHN encourages supporters to begin planning awareness activities now, including workplace “Wear Blue” Fridays, community health fairs, educational campaigns, family-centered conversations around prevention, and advocacy efforts supporting men’s physical and mental health.

Key awareness opportunities during June include:

- Men’s Health Month — June 2026
- International Men’s Health Week — June 15–21, 2026
- Wear Blue Fridays — Every Friday in June
- Father’s Day — Sunday, June 21, 2026

Men continue to die on average nearly 6 years earlier than women, often from preventable conditions and delayed healthcare engagement, reinforcing the importance of awareness, education, and proactive health conversations.

To download free Men’s Health Month resources, visit:

<https://menshealthmonth.org/mediacenter/social-media-toolkit>

Jennifer Thompson

Men's Health Network

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Visit us on social media:

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[Other](#)



START A CONVERSATION
WEAR BLUE

MHN
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Support for Wear Blue Awareness Events -
Host a Fundraiser for Men's Health Month
by Celebrating Wear Blue Day at your
Workplace

MEN'S HEALTH MONTH

Regular screening saves lives... Get It Checked! GetItChecked.com

MEN: Get It Checked!

WOMEN: Get It Checked!

Order Today:

Order Now!

MensHealthNetwork.org/Store

Wear Blue

Prostate Cancer Awareness

Your Shower Guide:
Testicular Self-Exam (TSE)
A simple 5-minute self-examination once a month can detect 95% of the cancerous growths among men aged 15 to 35. If detected early, testicular cancer is one of the most easily cured cancers. Testicular cancer can often affect older men, too.
The best time to perform a TSE is after a shower when your scrotum is warm and relaxed. Use your right hand to examine your left testicle and vice versa. Roll each testicle between your fingers and thumb, feeling for lumps, swelling, or pain. If you find a lump or swelling, see your doctor right away.
The epididymis is a small tube above the testicle that carries sperm. It is not part of the testicle but can be felt as a lump. It is not a sign of cancer.
TSE is not a substitute for a yearly physical exam by your health care provider.

Prostate Exam:
Prostate exams usually start at 50 for most men and 45 for men of African American descent. A PSA blood test is done along with the prostate exam to check for prostate cancer. A PSA blood test is not a substitute for a prostate exam.
If you have a family history of prostate cancer, you may need to start a PSA blood test at a younger age.

Men's Health Network: Online Shop for Men's Health Month Awareness & Promotion

This press release can be viewed online at: <https://www.einpresswire.com/article/912799106>

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