

# Call the MEN'S LINE Any time...Any day

612-379-MENS (612-379-6367) Metro  
866-379-MENS (866-379-6367) Greater MN

Make the choice  
to  
Make the call  
to  
Make the change



*The Mission of the Men's Line is to prevent violent behavior by men and boys and provide them with confidential help and information.*

The Men's Line is funded by the  
Minnesota Department of Public Safety OJP

In partnership with  
The Initiatives for Violence Free  
Families and Communities  
in Hennepin and Ramsey Counties



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for confidential help and information



## Have the twists and turns in life made it a bumpy ride?

- stressed?
- angry?
- feeling down or depressed?
- losing your temper?
- feeling out of control with your kids?
- losing someone you love?

## Would you like to repair the damage and find a smoother road?

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The Men's Line is a 24-hour Free, Confidential service for men who want advice on how to change parts of their lives and behavior that are unproductive, or harmful to themselves, their family, or others who care about them.

When you call, a professionally-trained counselor will listen to your concerns and provide you with ideas and information to help you get on a smoother road.

The people at the Men's Line are committed to helping men overcome the obstacles that block personal growth, healthy and caring relationships, and productivity.

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## Who calls the Men's Line?

- Men (and those who care about them).

## What do callers talk about?

- Stress and Anger  
"I get REALLY frustrated and angry with my girlfriend. I wonder if she's seeing somebody else. It's scary."
- Losing someone  
"I don't want to lose my wife; we've been together for almost 10 years. If she would just take care of the house and kids, I'd do my job, but I think it's too late."
- Parenting  
"I'm really not sure how to be a dad. I don't want to be like my dad was, but I'm seeing it happen."
- Tempers  
"I always seem to let things build up. I go off on my wife and my kids. I need some places to go for help."

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