



# SUPPORTING MEN, BOYS & FAMILIES IN BERMUDA

About MASC

# unMASCing MASC

## THE MALE SILENT CRISIS



### Men are less likely to seek help

Men account for ~70-80% of individuals who never reach out until crisis.



### Men experience higher risk behaviors

Men are 2-3x more likely to use substances to cope with stress.



### Male distress impacts families

Unaddressed male emotional issues increase conflict, withdrawal, and instability at home.

## Why Males? Why MASC?

- Men are less likely to seek help until crisis.
- Untreated male distress contributes to family conflict, violence, substance use, and community instability.
- Men often carry burdens silently.
- Boys are more likely to act out instead of open up.
- Boys often show earlier behavioral signs but receive later intervention.

# What We Do

## **Clinical Services**

- Individual counseling (men & boys)
- Family sessions & co-parenting
- Substance-use related counseling

## **EAP & Workplace Support**

- Workshops
- Critical incident response
- Short-term counseling

## **Prevention & Development**

- Manhood Project
- 24/7 Dad
- School-based workshops

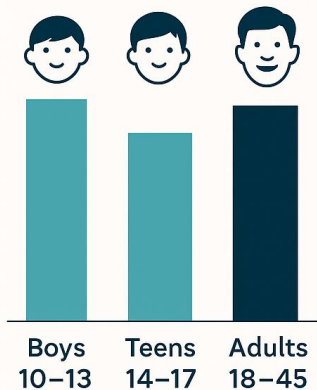
## **Assessment Services**

- Limited assessments
- Clinical screens (non-diagnostic)
- Vocational assessments

# Who We Serve

## WHO WE SERVE

### AGE DISTRIBUTION



### GENDER



10% Female  
(family/partner contexts)

### PRESENTING CONCERNS



Anxiety/  
Stress



Anger/  
Irritability



Relationship  
conflict



Identity /  
self-worth



### Client Snapshot:

- Age: Majority 14–65
- Gender: ~90% male

### Top Concerns:

- Anxiety/stress
- Anger/irritability
- Relationship issues
- Substance-related concerns
- Self-worth/Self-esteem

### Key Thought:

“Every man’s well-being impacts everyone connected to him.”

“The right help at the right time changes a lifetime.”

## Our Impact



### Early Outcomes Noted:

- Better emotional regulation
- Reduced high-risk behaviors
- Increased help-seeking
- Improved school/work engagement
- Stabilized family interactions

“For the first time, I feel like someone actually understands what I’m carrying.” — Client

# How We Fit Within BerDIN

## **MASC Adds Value Through:**

- Male-centered clinical engagement
- Prevention for boys and teens
- Support for fathers and males
- Counseling for adults with substance-related stress
- School-based early intervention touchpoints



# Challenges & Opportunities

## Challenges

- Heavy demand vs limited capacity
- Stigma among men
- System gaps for male-specific prevention

“Every gap we face is an opportunity to build stronger systems together.”

“Where challenges rise, partnership becomes the pathway forward.”

## Opportunities

- Stronger cross-agency coordination
- Shared referral pathways
- Male-specific training for frontline professionals
- National Strategy for Males (in development)

# Access & Affordability

## Insurance Coverage

- We accept most major health insurance providers.

## Affordability Support

- For clients without insurance or facing financial hardship, MASC offers: Hardship Assistance Program
- Applications are simple, confidential, and reviewed quickly.

## Our Commitment

“No male should be turned away from support because of cost.”

## HOW CLIENTS ACCESS MASC SERVICES



### Insurance Coverage

We accept most major health insurance providers



### Affordability Support

Hardship assistance program supported through a grant from the Ministry of Health



### Flexible Options

Sliding fee considerations and EAP coverage



### Our Commitment

“No male should be turned away from support because of cost.”





# Thank You!

## Contact Us



[www.mascbda.com](http://www.mascbda.com)



441-601-6272



[admin@mascbda.com](mailto:admin@mascbda.com)