

# **For Many Men, Apps Can Be ‘an Important Gateway to Mental Health’**

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For many months during the pandemic, Jason Henderson felt lower than perhaps at any other period of his life. The 37-year-old was living in a basement apartment, newly divorced, recovering from back surgery and struggling with depression so crippling he had suicidal thoughts.

A friend from an online men’s support group told the Vancouver, B.C., resident about a new peer support app for men’s mental health called Tethr. Henderson joined and began posting about his struggles.

“I was met with commiseration, empathy and compassion,” he told me. “That emotional support immediately helped me feel so much better.”

On the heels of a well-documented upsurge in anxiety, loneliness and depression sparked by the pandemic, mental health apps have become an important resource for men such as Henderson.

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