



ONE DROP *of* HOPE

A YAADIE CHRONICLES MAGAZINE

ISSUE 01

SPECIAL EDITION
MEN'S MENTAL HEALTH MATTERS

MEN DON'T CRY? Who Taught You That?

The unseen battles
behind the smile.

**BREAKING
THE STIGMA**
Changing minds
in Jamaica

**ALONE IN
YOUR PAIN**
Finding connection
again

**FROM DARKNESS
TO LIGHT**
Hope, help and a
kinder tomorrow



A magazine for the stories we make room for

Jamaican life is complicated. Our conversations can be generous, funny, guarded and unfinished. These pages make room for all of it.

WHAT THIS MAGAZINE IS

One Drop of Hope is a Jamaican mental-health publication from Yaadie Chronicles. We bring storytelling, ordinary life and useful information into the same conversation. The people in these pages are not required to perform happiness or explain pain perfectly.

WHAT YOU WILL FIND

This special edition centres Jamaican men, the messages people learn about strength, emotional silence, stigma, isolation, faith, support and the words that can make it easier to ask for help.

One Drop From Di Source

A note from Shelly-Ann Shaw

This issue begins with a question that can sound simple until we sit with it: what happens to the pain we learn to hide?

For this special edition, I wanted us to look closely at the messages boys and men may hear about strength, responsibility, fear, sadness and asking for help. Those messages are not the same in every home, friendship, church, school or workplace. Still, they can shape what a man believes he is allowed to say when life becomes heavy.

These pages are not here to lecture Jamaican men or turn silence into a stereotype. They are here to notice. To ask better questions. To make room for the man who is carrying more than anybody knows, and for the people who want to support him without shaming, diagnosing or turning his struggle into gossip.

Hope does not require performance. Sometimes it begins when somebody can finally say what is happening and be taken seriously.

Shelly-Ann Shaw
Founder, Yaadie Chronicles

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OPENING CONTEXT

WHAT DO BOYS AND MEN LEARN ABOUT STRENGTH?

Strength is learned in ordinary life.

Ideas about strength can arrive quietly. A boy watches who is allowed to cry and who gets teased. He notices what earns praise, what gets laughed at and what adults do with their own fear.

Responsibility, perseverance and self-control can be valuable. Trouble begins when strength is reduced to one narrow performance: never admit fear, never need anybody, never say the load is too heavy.

There is no single Jamaican lesson that every boy receives. The question is what messages a particular boy or man has absorbed, and what those messages make easier or harder to say.



Where the messages come from

The lesson may change from one place to the next.

HOME

Care, duty and perseverance may be taught alongside rules about what emotions should stay private.

SCHOOL + SPORT

Competition, teasing, discipline and friendship can reward toughness while making vulnerability feel risky.

WORK + COMMUNITY

A man may be expected to provide, solve problems and keep moving even when he is exhausted or distressed.

CHURCH + FAITH

Faith can offer comfort and community. It can also become harmful when distress is treated only as a spiritual failure.

RELATIONSHIPS + FRIENDSHIPS

Some men find room for honesty here. Others learn that disclosure may be mocked, shared or used against them.

MEDIA + POPULAR CULTURE

Music, comedy, social media and public conversation can carry contradictory ideas about masculinity and emotion.

STRENGTH CAN HAVE MORE THAN ONE LANGUAGE

A broader idea of strength can include:

- speaking honestly
- asking for help
- checking on another man
- admitting fear
- setting boundaries
- getting professional support when needed
- staying present during difficulty
- allowing another person to help

And then comes the question at the centre of this issue:

MEN DON'T CRY? WHO TAUGHT YOU THAT?

MEN DON'T CRY?

WHO TAUGHT YOU THAT?



The lessons boys hear. The pressure men carry. What changes when somebody finally listens?

Who teaches silence?

"Man up" can arrive before a boy has the words to explain fear, grief or embarrassment. A joke after a fall. A warning not to cry in front of friends. A father who never had permission to speak about his own worry.

None of these describes every Jamaican family. Together, they raise a question about what boys are taught to hide.

The pressure can also be contradictory. A man may be trusted to carry responsibility for a household, a team or a workplace, while still feeling that he must keep his own distress private. Another man may have friends who welcome honesty. The point is not to assume silence. It is to notice the rules around it.

Ask the question before making the assumption: what has this man learned about what he is allowed to feel?

What happens after the joke?

Illustrative scene

A game finishes. One player says he has barely slept and feels unable to manage another week. Somebody laughs and tells him to toughen up. The group moves on. He does not bring it up again.

A different response could be simple:

"Yuh want talk bout it? We can step aside."



MAKE ROOM Ask privately. Do not turn a disclosure into entertainment.

OFFER PRACTICAL HELP Ask about a lift, a meal, help finding care or a check-in tomorrow.

RESPECT DIFFERENCE Crying is not a test. Neither is silence. Let him describe his experience.

WHEN YUH NAH TALK IT, BUT YUH FEEL IT

Ordinary phrases can carry more weight than the speaker intends.

“Everybody have problems.”

What did the person hear?

“Don't tell nobody.”

Whose comfort is silence protecting?

“Just pray.”

Can faith and other care coexist?

What silence sounds like

Somebody says they are tired, but sleep is not the whole problem. Somebody else keeps showing up for work while feeling increasingly disconnected. Another person stops answering messages because explaining what is wrong feels harder than staying quiet.

In Jamaica, as elsewhere, stigma can appear in ordinary conversations. A disclosure may be met with a joke, a warning about family business, or the assumption that prayer and professional care cannot belong in the same life. Faith can be an important source of support. It should not be used to shame somebody who needs additional help.

Words matter. Calling somebody "mad" because they seek counselling can make the next person hesitate. So can treating depression as laziness or insisting that gratitude should erase distress. A response may come from misunderstanding rather than cruelty, yet still leave somebody isolated.

A different reply

Instead of “Everybody have problems.”

Try: “That sounds difficult. What has been happening?”

Instead of “Just pray and stop worrying.”

Try: “If prayer helps you, I can pray with you. Would other support help too?”

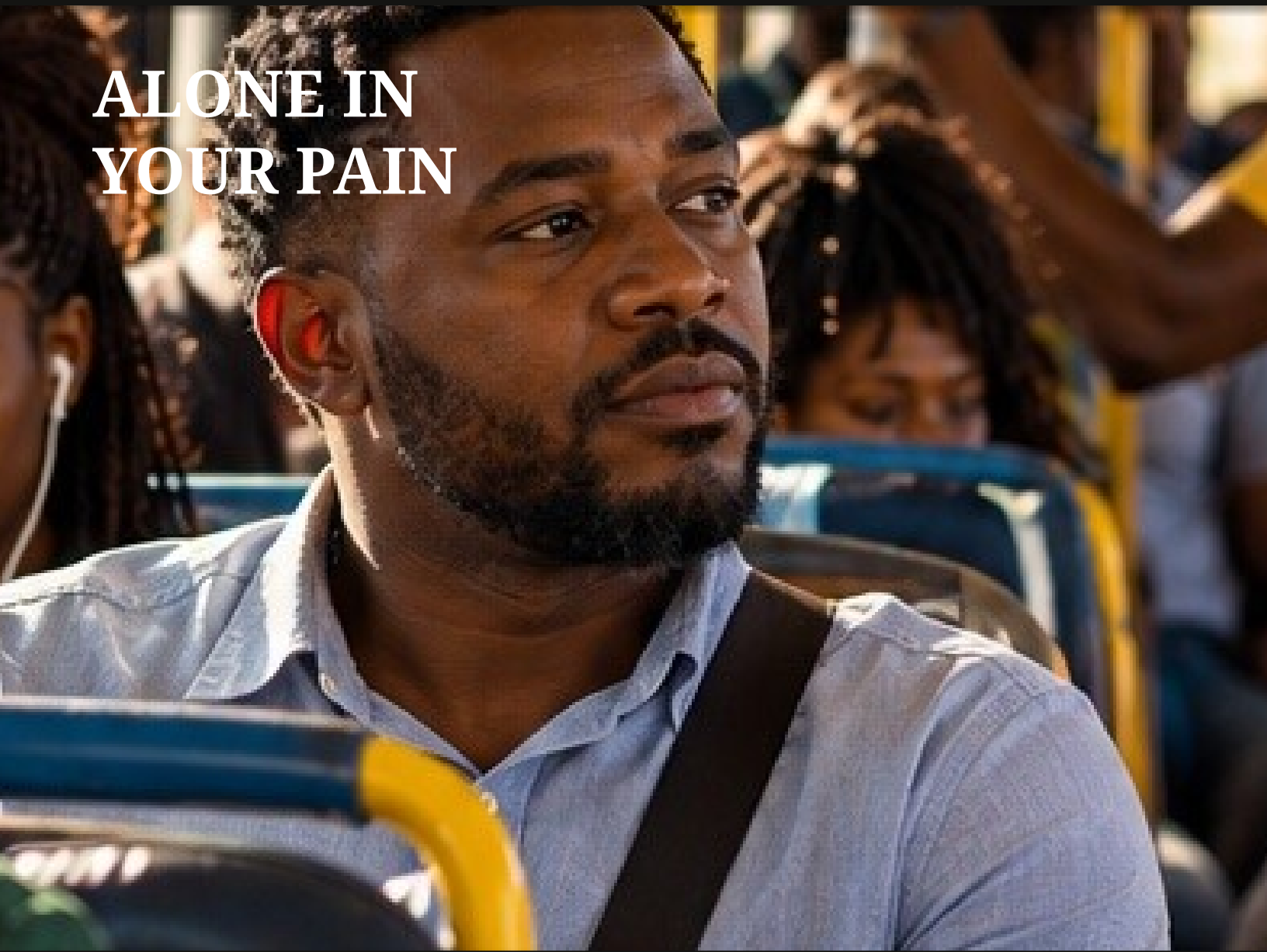
Instead of “Don't let anybody know.”

Try: “Your privacy matters. Who would you feel comfortable talking to?”

Instead of trying to diagnose

Ask what the person needs and encourage appropriate professional support when symptoms persist or interfere with life.

ALONE IN YOUR PAIN



**A full contact list. A crowded day.
Nobody who knows what is happening.**

When nobody knows

There is a particular loneliness in being surrounded by people who do not know what you are carrying. You answer messages, finish the shift, make dinner and laugh when somebody tells a joke. From the outside, life looks ordinary. Inside, you may be counting the hours until you can stop pretending.

Sometimes we stay quiet because we have tried speaking before. The first person dismissed it. The second turned it into gossip. The third told us to be grateful. Silence can begin to feel less exhausting than explaining ourselves again.

Try one specific sentence with somebody you trust: "I have been having a difficult time, and I would appreciate some company." You might ask for a call, a walk or help finding care. If that person cannot respond well, their response does not determine the worth of your experience.

If someone trusts you with their pain, resist the urge to fix their entire life in one conversation. Listen, ask what would help, follow up and respect their confidence unless immediate safety requires urgent action.

FROM DARKNESS TO LIGHT

Not a promise of an easy ending.

A guide to noticing distress, responding with care and reaching appropriate support.

Serious does not have to mean sensational. This section focuses on direct language, practical support and verified help information.

A life is more than a statistic

Suicide is difficult to discuss where shame, fear, religion and grief may enter the conversation together. Careful, direct conversation can help people recognise distress and connect someone with support. There is no single cause of suicide. We should not reduce a life or death to one argument, one diagnosis or one missed sign.

If somebody tells you they are thinking about suicide, take them seriously. Ask plainly whether they are thinking of ending their life. Listen without judgement. Do not promise secrecy if there is immediate danger. Help them reach urgent in-person care, a qualified professional or a trusted person who can stay with them.

If you are struggling yourself, tell somebody directly what is happening. Seek urgent in-person help if you may act on suicidal thoughts. You do not need to wait for distress to become unbearable before seeking care.

Jamaica Mental Health and Suicide Prevention Helpline: 888-NEW-LIFE (888-639-5433).

Care beyond one conversation

FOR FRIENDS AND FAMILY

Follow up after the first conversation. Ask what kind of practical support would help. Do not assume that a calmer moment means the difficulty has ended.

WHEN DANGER IS IMMEDIATE

Seek urgent in-person assessment or local emergency assistance. The Ministry of Health and Wellness lists its Mental Health and Suicide Prevention Helpline as 888-NEW-LIFE (888-639-5433).

AFTER A SUICIDE

Avoid graphic details, blame and simple explanations. People who are grieving may need practical assistance, compassionate company and professional support. Do not turn somebody's death into a lesson or a spectacle.

WHAT HOPE MEANS HERE

Hope is not a promise that one talk will fix severe distress. It is a reason to take suffering seriously and make appropriate help easier to reach.

A number with a label

2,944

HELPLINE CALLS IN 2024

Jamaica's Ministry of Health and Wellness reported 2,944 calls to its Mental Health and Suicide Prevention Helpline in 2024.

WHAT IT TELLS US

The figure measures calls received by one service during one calendar year. It is not a count of unique callers, people with depression, suicide attempts or deaths.

WHAT IT DOES NOT TELL US

The Ministry's published statement does not establish how many callers received ongoing care, whether calls were repeat contacts or how many people needed help but did not call.

SOURCE

Jamaica Ministry of Health and Wellness, "Health Ministry to boost mental health services," published 2025.

A conversation you can start

01

OPEN

I have noticed you seem different lately. Want to talk?

02

LISTEN

Thank you for telling me. What has this been like for you?

03

ASK

Would you like company, practical help or help finding care?

04

FOLLOW UP

Can I check in with you again tomorrow?

One small next step

You do not have to explain everything at once. Choose one practical step and write it down.

Someone I could contact

What I might say

A practical thing I need

If you may act on suicidal thoughts or someone is in immediate danger, seek urgent in-person help.

What we carry forward

This special edition has looked at the rules people may inherit about strength, the silence that can grow around pain, and the small ways community can make room for honesty. Community is something we practise in ordinary, imperfect ways.

We can stop treating somebody's private struggle as public entertainment. We can learn to ask a better second question. We can acknowledge that family, faith, friendship and professional care may each have a place, depending on what a person needs. Sometimes the next step is an appointment, a difficult conversation or urgent assistance.

This issue cannot solve the problems it names. It can offer language, attention and a reason to keep talking.

Thank you for spending time with these pages.

Find more stories and conversations at yaadiechronicles.com

PUBLICATION DETAILS

About Yaadie Chronicles

PUBLISHER

Yaadie Chronicles. One Drop of Hope is its Jamaican mental-health magazine.

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VERIFIED SUPPORT INFORMATION

Jamaica Ministry of Health and Wellness Mental Health and Suicide Prevention Helpline: 888-NEW-LIFE (888-639-5433).

SOURCES

Jamaica Ministry of Health and Wellness: Contact Us; Health Ministry to boost mental health services (2025); Depression information. World Health Organization: Preventing suicide: a resource for media professionals, update 2023.

PLEASE NOTE

Educational information only. This magazine does not replace individual medical assessment, mental-health care or emergency services.

The conversation does not end when the page turns.

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