How comfortable do you feel discussing mental health concerns with your colleagues or within your department?

Have you ever witnessed your colleagues struggling with mental health issues but not seeking help due to conforming to masculine norms? If so, could you provide some insights into those situations?

How often do you find yourself suppressing emotions or vulnerability to fit into the masculine culture of law enforcement?  
  
Do you believe that showing emotions or seeking help for mental health concerns is seen as a sign of weakness in your workplace?  
  
Have you personally experienced or witnessed instances where expressing vulnerability was discouraged among colleagues?  
  
To what extent do you think conforming to masculine norms in your job impacts your ability to manage stress effectively?  
  
Have you ever hesitated to seek mental health support due to fear of judgment or repercussions within your workplace?  
  
To what extent do you believe that the pressures of conforming to masculine norms contribute to high levels of stress among policewomen?

Do you believe that projecting strength and toughness at work leads to the respect and regard of your colleagues?