

# MEN'S MENTAL HEALTH



## STIGMA AND HOW TO OVERCOME IT

### FACTS

- The American Foundation for Suicide Prevention reports that men died by suicide 3.6 times more often than women in 2019.
- Mental Health America states gay and bisexual men are more likely to have higher rates of substance abuse than heterosexual men.
- 6 million men experience depression each year.
- Men are less likely to seek treatment than their women counterparts

### STIGMA

- Out-of-date gender stereotypes reinforce beliefs that men should be able to control their emotions and feelings and that talking about those things openly is taboo and "unmanly"

### OVERCOME

- Mental health is an essential component of overall health and needs to be centered in the conversation
- If we want men to engage in a conversation about mental health, we need to understand what speaks to them (and what doesn't) and why, we need to show the men-oriented resources to show that they are not alone. There are other men that are feeling the same way

### RESOURCES

<https://mantherapy.org/>

<https://headsuptguys.org/about-us/>

<https://us.movember.com/mens-health/mental-health>

<https://www.mhanational.org/infographic-mental-health-men>



Reach 4 Resilience Site

