

Understanding Men's Mental Health

While maintaining a balanced diet and regularly exercising are important, being physically healthy is only part of the battle. When we talk about health, we aren't just talking about the absence of illness, but a state of mental, physical, and social well-being.

Mental health is a core component of overall wellness, yet is routinely overlooked in favor of physical health. We know, as men it's hard for us to ask for help. Remember, it takes a lot of strength to face our struggles and reach out and get the help you need – whether its anxiety, depression, alcohol use, or substance use. It's time to start being there for yourself, your friends, and your family.

FAST FACTS ABOUT

Men's Mental Health

1 in 10

MEN

experience some form of depression or anxiety, but less than half seek treatment. ^{CDC}

MEN

DIED 3.88x MORE THAN WOMEN IN 2020 ^{AFSP}

While men experience a higher rate of suicide, they are less likely to seek help. ^{NIH}

~6 of 10

MEN EXPERIENCE ONE TRAUMA IN THEIR LIFE

PTSD can develop weeks, months, or years after an experienced trauma. ^{DVA}

MEN ARE ALMOST

2x

^{CDC}

more likely to binge drink than woman and 3x as likely to die from alcohol abuse. ^{NCDAS}

49%

OF MEN

feel more depressed than they admit to the people in their life. ^{TODAY}

MENTAL HEALTH IS A GUY THING TOO

How to Help Yourself or a Friend

If you or a loved one is struggling, you might feel powerless. While there's no easy one-step solution, there are still things you can do to help yourself or someone in need, such as:

- Know the signs and symptoms of mental health struggles
- Talk to someone you trust and ask for help
- Enlist your organization's Employee Assistance Program (EAP)
- Identify other practical resources that are available for support
- Listen without making judgements and ask what you can do to help
- Provide emotional support and encourage hope when times are tough

Know the Signs & Symptoms

Depression and anxiety are two of the most common mental health struggles men encounter. They can appear in different ways depending on the person and situation. The first step in helping yourself or anyone is realizing the need for assistance. Here are some signs you might notice:

Depression

- Loss of interest in activities
- Decreased motivation
- Feeling down and not knowing why
- Irritability, easily angered
- Loss of appetite
- Sleeping too much or too little
- Feeling worthless
- Withdrawing from others
- Fatigue, decreased energy
- Thinking of suicide

Anxiety

- Feeling nervous, tense or restless
- Worrying much of the time
- Having a sense of panic
- Long-term or severe fatigue
- Trouble concentrating
- Trouble sleeping
- Increased heart rate, hyperventilating
- Trembling, sweating
- Physical problems: headaches, GI