
MEN AND MENTAL HEALTH

Did you know?

- Suicide is the biggest cause of death for men under 35. In England and Wales, it is the most common death for men aged 20-49.
- Over the past 30 years, the rate of suicide in men has been consistently higher than in women. In 2016, for example, out of the 5,668 suicides in Great Britain, 76% were males and 24% were females.
- Male domestic violence charity The Mankind Initiative charity say that for every three victims of partner abuse, two will be females and one will be a male.
- Men are less likely to access social and emotional support from family, friends and the community.
- Men are also less likely to seek psychological therapies than women, with only 36% of referrals being men.

Why don't men speak up and seek help?

Some men mostly fail to recognise warning signs of mental illness. They may be so out of touch with their emotions that they do not realise when they are, for example, depressed. Some men are reluctant to seek help because of what is known as toxic masculinity. They are so focused on playing their "masculine roles" such that seeking help makes them feel weak or even feminine. There is a fear of being mocked by the society that tells them to be the "stronger" gender and not to cry or be emotional.

How can we help?

Increased awareness should be made, especially through the media. Most awareness campaigns concerning sexual abuse and domestic violence have been seen to show only women as victims but it would help to also create that awareness that men can be victims as well and there is nothing shameful about that. Family and friends should listen more to men, support them and encourage them to seek help without waiting for it to escalate to a more serious issue such as self-harm.

#ManDown

IT'S OKAY TO SEEK HELP

LET'S STOP THE STIGMA.

Seeking help doesn't make you a "pussy". It means you're brave.

You don't have to "be a man" or "grow some balls".

Mental health is nothing to be ashamed of.