



**My Good Brain**

**Men's Mental**

**Health**

*Awareness Month*

November 2023

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# Men's Mental Health Awareness Month

*Men are less likely than women to seek help for depression, substance abuse and stressful life events due to social norms, downplaying systems, reluctance to talk.*

November along with June has been named the awareness month for men's mental health. People may often underreport men's mental health as some may not reach out for the support they need. That is when men's mental health awareness month comes in, bringing attention to men's mental health and teaching others about it. November is recognized as the month in United Kingdom, often dubbed as 'Movember' when men also grow mustaches to show their support.

There's still a stigma around men's mental health, which makes it difficult for boys and men to reach out for help.

Having or acknowledging the mental health condition is still seen as a sign of weakness or lack of masculinity amongst some men. Some men still feel as if people expect them to 'man up' or hide their emotions. Mental health isn't a weakness.



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# Statistics

## *Major Mental Health Problems*

- Over 6 million men suffer from depression per year, but male depression often goes undiagnosed
- More than 3 million men in the US have panic disorder, agoraphobia, or any other phobia
- 2.3 million Americans are affected by bipolar disorder and an equal amount of men and women develop the illness. The age for men developing is mostly around 16-25 years old
- 3.5 million Americans have been diagnosed with Schizophrenia, 90% of those are men
- Though men account for 10% of anorexia or bulimia patients, men with eating disorders are less likely to seek professional help



# Problems Men Face

*Conditions affect men disproportionately; CDC report found that LGBTQ+ men are more likely to have mental health conditions.*

## Symptoms in Men

Signs of mental health disorders in men may look like: escapist and risky behavior, noticeable changes in mood, physical symptoms such as headaches or pain, misuse of alcohol or drugs, controlling or abusive/violent behavior, difficulty concentrating or feeling restless.

## Male depression and suicide

The highest rates of suicide are found amongst men, they're 4x more likely to commit suicide than woman. It's the 7th leading cause of death for men. Factors such as social isolation, substance abuse, unemployment and military related trauma increased risk of suicide.

## Treatments

There are effective treatments for specific mental health disorders. Asking for help may be difficult for men, but going without treatment makes the situation worse. If you are experiencing any symptoms, talk with a doctor or a mental health professional.



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# Ways to support

Looking out for each other, no matter the gender, always is helpful!

*One of the biggest issues is that men face is that they are less likely than women to reach out for help.*

- Start a conversation
- Explain what kinds of help are available
- Give them equal amounts of support and space
- Encourage healthy lifestyle changes

## Practical steps:

Look out for symptoms such as:

- saying they feel sad/empty
- extreme tiredness
- lack of pleasure from previous activities they enjoyed
- violent or abusive behaviour
- spending more time immersed at work or in hobbies such as sports as an escape
- irritability and outbursts of anger

*Stress, anxiety and depression can affect everyone regardless of their gender but in men it can lead to a tragedy as men have made up three quarters of deaths registered as suicide .*



# Resources

## ***General Mental Health Websites***

- National Institute of Mental Health - [nimh.gov](http://nimh.gov)
- Mental Health Foundation - [mentalhealth.org.uk](http://mentalhealth.org.uk)
- Mental Health UK - [mentalhealth-uk.org](http://mentalhealth-uk.org)
- USA Mental Health - [MentalHealth.gov](http://MentalHealth.gov)

## ***Men's Health Websites***

- Canadian Men's Health Foundation - [menshealthfoundation.ca](http://menshealthfoundation.ca)
- Harvard Health Publishing - [health.harvard.edu](http://health.harvard.edu)
- Men's Health Forum - [menshealthforum.org.uk](http://menshealthforum.org.uk)
- The Men's Health Research Program - [menshealthresearch.ubc.ca](http://menshealthresearch.ubc.ca)

## ***Men's Health Apps***

- he. - Focuses on all aspects of men's health and is designed to identify biggest areas of pain and stress in their lives
- headgear- Guides users through a 30 day mental health challenge aimed at increasing overall wellbeing

## ***Books for Men's Mental Health***

- *Reasons to Stay Alive* by Matt Haig
- *Man's Search for Meaning* by Victor Frankl
- *Boy Meets Depression: Or Life Sucks and then You Live* by Kevin Reel





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