

# MEN'S MENTAL HEALTH



Mental Health is important for everyone, but statistically men do not prioritize their mental health or seek the care they deserve when they are suffering with a mental or emotional challenge. Men tend to notice physical changes before they acknowledge mental health changes. According to NIMH men "are more likely to see their doctor about physical symptoms than emotional symptoms." During these visits to the doctor, one may learn that physiological symptoms are actually being caused by mental health.

## TIPS TO SINK YOUR TEETH INTO

- Pay attention to changes in your physical, mental & emotional health
- Trust your gut, avoid unhealthy coping strategies & if something doesn't feel right, don't ignore it
- Explore support options that are in your comfort zone (virtual or in person)
- Be aware of your own stigmas & prejudices
- Know the Five Signs of Emotional Suffering & trust your instinct to reach out when you need to
- Practice Healthy Habits of Emotional Wellbeing to empower your own resiliency
- Ask for support, it's a sign of strength
- By caring for yourself, you are strengthened to care for others
- Accept help & listen to others when they share their concern for you

**1 IN 10 MEN  
EXPERIENCE  
DEPRESSION  
AND ANXIETY**

- Compared to women, men are less likely to receive treatment for a mental illness, but are 3.5x more likely to die by suicide.
- Men are almost two times more likely to binge drink than women. Men are also more likely to have used alcohol before dying by suicide.
- About 6 of every 10 men experience at least one trauma in their lives.

**49%**

**OF MEN FEEL MORE  
DEPRESSED THAN  
THEY ADMIT TO THE  
PEOPLE IN THEIR LIFE**