

Men's mental health

Mental health stigma leads to many individuals not receiving the care and support they need. This stigma tends to affect men more than women because men are less likely to seek support.

Over six million men suffer from depression each year¹



of suicides are men



men develop alcohol dependency during their lifetime



of people diagnosed with schizophrenia by age 30 are men



of young men have a diagnosed eating disorder³

Highest suicide rates

are found among Caucasian men over the age of 85

Depression

often goes undiagnosed

Low levels of testosterone

are correlated with depression, stress and mood swings

The risk for suicide increases with these factors¹



Social isolation



Substance use



Unemployment



Military-related trauma



Genetic predisposition



Mood disorders

Signs and symptoms²



Noticeable changes in mood, energy level or appetite



Difficulty concentrating, feeling restless or on edge



Increased worry or feeling stressed



Misuse of alcohol, drugs or both



Engaging in high-risk activities



Aches, headaches or digestive problems without a clear cause



Obsessive thinking or compulsive behavior that interferes with work, family or social life



Thoughts of death or suicide or suicide attempts

Coping tips



Seek professional support



Practice self-care



Connect with loved ones



Be physically active



Eat healthy foods



Get regular sleep



www.1in5.info

Sources:

¹ Mental Health America

² National Institutes of Health

³ National Alliance for Eating Disorders