

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



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Sources:

- ¹ Mental Health America
- ² National Institutes of Health
- ³ National Alliance for Eating Disorders