

Overcoming the Mental Health Stigma for Men

Mental health issues affect millions of men, yet men are less likely than women to get treatment. Why?

There is a powerful mental health stigma that makes it hard for men to discuss mental health and ask for support. It can be hard to open up about mental health issues, but silence doesn't mean men aren't suffering. Consider these men's mental health facts:

- **Depression and Suicide:** Depression and suicide are leading causes of death among men. 6 million men in the U.S. experience depression annually. Men are four times more likely to die by suicide than women.
- **Substance Abuse:** Alcohol and drug abuse are significant issues among men, contributing to higher mortality rates. About 62,000 men die annually from alcohol-related causes, compared to 26,000 women. Men are two to three times more likely to use drugs than women.

Supporting Men's Mental Health

Remember, mental health is normal. It's okay to experience feelings of stress, anxiety, or depression. These are normal human emotions. Here are some ways to support men's mental health:

Recognize that Stigma is a Barrier: The stigma surrounding men's mental health can prevent people from seeking help. It's important to challenge these stereotypes and create a supportive environment, at work and home.

Encourage Open Conversations: Create safe spaces where men can discuss their feelings and experiences without judgment.

Know the Signs: Be aware of the signs of mental health struggles in yourself and others. This includes changes in mood, behavior, or habits.

See Strength in Seeking Help: It takes courage to seek help. Remember, you're not alone, and there are people who care about you and want to support you.

By challenging stigma and providing support, we can help men overcome mental health obstacles and lead healthier, happier lives.

Employee Assistance Program (EAP) providers vary from country-to-country and individual benefits packages. Please read the EAP eligibility statements noted within the materials under your country on UndertheHat.com.

CREW SIGNATURES

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