

Mental health in Men. - March 2, 2021

Men's mental health is very important and is frequently overlooked. There are also many warning signs and early stages of depression and substance abuse that are disregarded and could ultimately be the reason that they end up hurting themselves. This is part of the reason that Men's suicide rates are 3.5 times higher than women. Another thing that I think plays a huge part in combating men's mental health is being able to open up. Opening up and talking about your feelings and how you feel can be very hard for us guys because we feel this stigma and duty to be strong and not have these important conversations. I know from personal experience. One way that this can be combated is just talking to your guy friend one and a while and asking him how he's doing, because guy's will remember that. It's like if you give a guy a complaint he will remember that and say in his end "hmm someone was thinking about me, someone noticed me".

Source 1

[source 1](#)

- Summary - Different ways mental health is affecting Men.
- Quote #1 - The National Institute on Alcohol Abuse and Alcoholism puts the annual number of men dying due to alcohol-related causes at 62,000, compared to 26,000 women.
- Quote #2 - Mental Health reports 6 million men are affected by depression in the United States every single year.

Source 2

[Source 2](#)

- Summary - Men can find it difficult opening up about topics like mental illness and depression.
- Quote #1 - They also explain that it is important to help men change the idea of receiving support from “a mark of weakness” to a necessary step in maintaining one aspect of health that is as important as any other.
- Quote #2 - “The American Foundation for suicide prevention also cite in 2018 data, nothing in that year alone, “men died by suicide 3.56 times more often than women”, in the United States.”

Source 3

[source 3](#)

- Summary - There are many different ways that mental illness can affect men and the different ways to help prevent it.
- Quote #1 - “For example, men’s issues often stem from societal expectations and traditional gender roles and leading men to think they must be the breadwinners in their family etc.

Source 4

[source 4](#)

- Summary - 1 in 5 men experience a mental health issue each year. Mental health for men is very important and is neglected due to social norms and costs almost 200 Billion dollars each year. Thirdly mental health affects different groups like elderly, bisexual/gay. In addition to that since the year 2000 suicide has been the 7th leading cause of death among men. Over 4 times as many men died of suicide than women in 2010.
- Quote #1 - “over 6 million men suffer from depression each year.”
- Quote #2 - “Approximately 2.3 million men from ages 16-25 have been diagnosed with bipolar disorder.”

Source 5

[Source 5](#)

- Summary - Different Men share their stories and battles with depression.
- Quotes #1 - “ For one man Scott his depression was small and started to build with stress because of the things in his life that were

happening.

- Quote - #2 “ For Aidan it was his online relationships where he started to see his mental health decline.”

Source 6

[source 6](#)

- Summary - Different ways men can be encouraged to come out about their mental health and where to find those resources.
- Quote #1 - “The Centers for Disease Control and Prevention¹ (CDC) has designated June 12 to 20 as National Men’s Health Week.”
- Quote #2 - “The main reason we have Men’s Health Awareness Month is that men die sooner than women and need to be more aware of their health,”