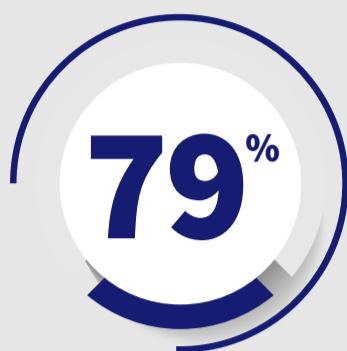


# Men's mental health

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 year<sup>1</sup>



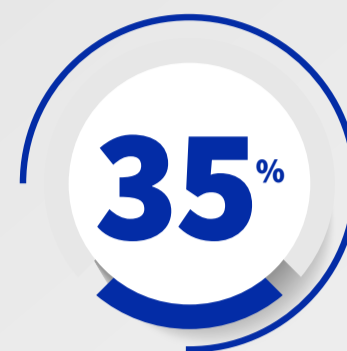
of suicides are men



men develop alcohol dependency during their lifetime



of people diagnosed with schizophrenia by age 30 are men



of people with a binge-eating disorder are men

### 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 factors<sup>1</sup>

- ✓ Social isolation
- ✓ Substance use
- ✓ Unemployment
- ✓ Military-related trauma
- ✓ Genetic predisposition
- ✓ Mood disorders

## Signs and symptoms<sup>2</sup>



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](http://www.1in5.info)

#### Sources:

- <sup>1</sup> Mental Health America
- <sup>2</sup> National Institutes of Health