



SIX MHA

## Men's Mental Health

Poor mental health can affect people of any gender, but mental health outcomes for men and women aren't equal. Due to societal expectations of masculinity, men are less likely to talk to others about their feelings, so they suffer in silence. We'll be sharing some of the stats, myths and facts about men's mental health and what we can do to help.



Only 36% of all NHS referrals for psychological therapies are for men. Men are less likely to seek help for their mental health.

54% Would be concerned about taking time off work, whilst 46% would be embarrassed or ashamed to tell their employer. (Men's Health Forum)

Suicide Is the leading cause of death for men under the age of 50 in the UK. (Calm Zone)

75% Of deaths by suicide are males, and they are three times more likely to die by suicide than women.



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**Myth: Men just don't experience depression and anxiety.**

FACT: About 1 in 5 women in England experienced a common mental health problem compared to 1 in 8 men. These statistics may be skewed, though, as men often don't report their experiences.

**Myth: Real men don't talk about it.**

FACT: Society says men should be "strong" and not talk about their struggles, but research clearly shows that suicide rates for men are dramatically higher than those for women. Men are also more likely to "cope" with their depression and other disorders through substance abuse.

**Myth: Talking about suicide makes it more likely to happen.**

FACT: It is a misconception that talking about suicide, or asking somebody if they are feeling suicidal, will "put the idea" into their heads. Research shows that talking or asking about suicidal thoughts is more likely to save a person's life.

**Myth: Men don't experience the "baby blues."**

FACT: Postpartum depression (also known as postnatal depression) and other postpartum disorders are often associated only with women, occurring in around 1 in 10 new mothers. However, studies show that 1 in 10 men may also experience postpartum depression and anxiety.

**Myth: Needing help means you're weak.**

FACT: Reaching out for help might feel like the hardest thing you have to do. It takes courage to admit you're struggling when you're accustomed to hiding your struggles, and everybody, regardless of gender, needs support sometimes. Reaching out also means you're taking charge of your mental wellbeing, a step that is equally as important as taking care of your physical health.



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**If you or someone you know is at immediate risk of harm call 999.**

**As a SIX MHA Board Member, you have SIX MHA for expert care and support. We have nurses and therapists who have specialised training in the needs of men from all walks of life.**

**Your GP can help with mental health, and you can call 111 and press 2, to speak to your local NHS trusts mental health team.**

**Email us at [helpine@sixmha.org](mailto:helpine@sixmha.org) or**

**Call us on 084321 6 90 90**

**We are proud to have supported hundreds of men we understand their needs. We are here for you!**



**SIX MHA Board Member App Code – BAR-615-869**

