

MEN'S MENTAL HEALTH – SILENCE IS DEADLY



Too many men struggle in silence.

Many men experience pressure to:

- Suppress emotions
- Avoid asking for help
- Always appear “in control”
- Push through stress alone

Why This Matters

Men are significantly less likely to seek mental health support, yet many experience:

- Depression and anxiety
- Stress and emotional exhaustion
- Loneliness and isolation
- Substance misuse
- Anger and emotional dysregulation
- Suicidal thoughts

Mental health struggles do not make someone weak – Staying silent can make struggles worse.

Signs Someone May Be Struggling

- Withdrawal from others
- Increased alcohol or substance use
- Irritability or anger
- Changes in sleep or mood
- Avoiding conversations about feelings
- Working excessively
- “I’m fine” when they clearly are not

What Helps

- Open conversations
- Non-judgemental listening
- Supportive workplaces
- Healthy coping strategies
- Encouraging professional support
- Challenging harmful stereotypes around masculinity

Myth vs Fact

MYTH: “Real men deal with problems alone.”

FACT: Asking for help is a sign of strength, not weakness.

KEY MESSAGE

Creating safe spaces for men to speak openly about mental health can prevent crisis, reduce shame, and encourage recovery.

Silence is deadly — connection is powerful.



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