

Let's talk about men and mental health



Prioritizing the mental health needs of men is urgent, with men almost 4 times as likely to die from from suicide than women¹.



Let's get the conversation started to improve mental health and well-being for men.

More than **six million** men in the U.S. experience depression each year and more than three million suffer from anxiety.²



Did you know that the symptoms of depression and anxiety can be different for men?

Men often hide their emotions and may seem angry, irritable or aggressive, and self-medicating with alcohol and other substances is common.³

Men are more likely to see a doctor for physical symptoms than mental distress. Depression and anxiety can cause physiological symptoms like a racing heart, digestive issues or headaches.³

Ways we can improve mental health and wellness for men

Stigma is the main reason men do not reach out for help.

When men are supported by others in their community to care for their mental health, stigma can begin to fade.

One way to reduce stigma is to start the conversation about mental health and seek help when needed. Reaching out to a licensed counselor can help transform high risk mental health needs for the better.

Ask. Listen. Encourage Action. Check In (ALEC).⁴

This is a helpful acronym developed by **R U OK? ALEC** helps us to remember how we should reach out and check in on the men in our lives who may be struggling.

We're here for you 24/7. Give us a call or visit us online for resources and support.



¹It's ok to talk about suicide. National Alliance of Mental Illness. Nami.org. Accessed September 2023.
^{2,3}Cohut, Maria, Ph.D., Men's mental health: 'Man up' is not the answer. Medical News Today. Accessed September 2023.
⁴November. Men's Mental Health. Accessed September 2023.

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