

# No Shame On U

END STIGMA. SAVE LIVES.

## MEN and Mental Health

### Did You Know?

- Men in the U.S. die by **suicide** 4x more often than women.
- Men who conform to **traditional masculine norms** that emphasize stoicism and self-reliance are at increased risk of struggling with their mental health.
- Because men are less likely to seek ongoing social and emotional support, they are more likely to be **socially isolated**.

### Significant Suicide Risk Factors for Men

- Military-related trauma
- Access to lethal means, e.g., firearms
- Divorce
- Unemployment
- Financial or legal problems



[www.noshameonu.org](http://www.noshameonu.org)

*For more information about how to support those struggling with their mental health, please visit [www.noshameonu.org](http://www.noshameonu.org).*

*This resource is for educational purposes only and is not a substitute for professional advice, diagnosis, or treatment.*

### Men are Less Likely to Seek Treatment or Help

Men **downplay** that they are struggling; e.g., they might focus on work “stress” rather than talking about feelings of hopelessness.

Men are more likely to mask symptoms by **self-medicating** with drugs or alcohol.

Men may not seek treatment due to elevated concerns that **stigma** will lead to personal or professional difficulties.

### Ways to Increase the Likelihood that Men will Seek Help

Improve **mental health literacy** so that men recognize substance use, irritability, and aggression as possible symptoms of a mental health struggle.

**Reframe** help-seeking as taking charge and regaining control.

**Decrease isolation** by offering and connecting men to men’s groups, including sports, religious institutions, or hobbies.

In the long run, encourage boys and men to deepen their **relationships**, talk about their **emotional life**, and expand **beyond stereotypes**.

