

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

June is Men's Health Month

It is important for men to talk about mental well-being. Gender stereotypes and stigma can make it difficult for men and their healthcare professionals to recognize when they might need mental health support.



In recent years, there has been great progress around the recognition of mental and emotional health challenges. But, for one demographic in particular, the stigma lingers: men.¹

The data tells a story of common struggles:

- Over 6 million men suffer from depression each year.²
- Approximately 19 million men struggle with anxiety each year.
- 1 in 5 men develop alcohol dependency at some point in their lifetime³
- Around 3,020,000 men have experienced panic attacks.

Mental health concerns affect everyone. Sadly, men are less likely to talk about these feelings or seek professional help. One possible explanation for this could be concern that having emotions, like fear or sadness, or asking for help might be seen as a sign of weakness⁴. Findings also suggest that men are less likely to share thoughts about their struggles if their symptoms appear to be different from what others experience.⁵

We can help.

In our ongoing effort to reduce stigma around mental health, it's important that everyone encourages men to be open to talking about their feelings and be aware of their symptoms. Learn to Live offers support that is free of charge all year long. Start a self-paced digital program for Stress, Anxiety & Worry, Depression, Social Anxiety, Insomnia or Substance use —or connect with an expert, supportive coach. Download the Learn to Live app or visit learntolive.com/partners and enter code **INTACT1** to take a 5-minute confidential assessment to immediately find out what issues might be affecting you.

1,2,5 <https://www.mindwise.org/blog/uncategorized/a-critical-look-at-mens-mental-health/>

3 <https://www.mhanational.org/infographic-mental-health-men>

4 <https://www.sciencedirect.com/science/article/abs/pii/S0272735816300046>