

Men's Mental Health is important. Here's why.

June is Men's Health Month and in recognition Learn to Live would like to emphasize the importance of men talking about mental well-being.

In recent years, there has been a lot of progress around the de-stigmatization of mental illness. However, for a certain demographic there is still a heavy stigma around mental health: men.ⁱ

Just look at the numbers:

- Men are less likely than women seek professional help for mental health-related issues (approximately only 1 in 4).ⁱⁱ
- Over 6 million men suffer from depression each year.ⁱⁱⁱ
- Approximately 19 million men struggle with anxiety each year.
- 1 in 10 men suffer from depression or anxiety disorders.¹
- Around 3,020,000 men have experienced panic attacks.

If it's so common, why is there a stigma around men's ability to address these issues? One possibility could be the stereotype that men are not emotional beings. Mental health concerns affect both men and women, but men may be less likely to talk about these feelings or seek help, especially if their symptoms appear to be different from the symptoms of others.^{iv}

According to the National Institute of Mental Health, men can show different symptoms than women when experiencing a mental health challenge. "Some men with depression or an anxiety disorder hide their emotions and may appear angry or aggressive while many women express sadness." Additionally, mental health symptoms can sometimes appear to be physical such as a racing heart, tightening chest, reoccurring headaches, or digestive issues. These symptoms can be confused with signs of a physical illness, rather than a mental health concern.

The ongoing Covid-19 pandemic has affected mental health as well. Lives have been disrupted by a virus we cannot see. Anxiety mounts as the virus affects our health, jobs and relationships. Moreover, the virus has disrupted the daily routines and activities that would have helped maintain a healthy mental outlook in the past.

In our ongoing effort to reduce stigma around mental health, it's important that we encourage men to be open to talking about their feelings and aware of their symptoms as we work towards including mental health as part of our overall well-being.

We can help

Learn to Live offers support for you and your family members (13 and older) free of charge all year long. **Take a confidential assessment**, start a self-paced CBT program for Stress, Anxiety & Worry, Depression, Social Anxiety, Insomnia or Substance use —or connect with a coach.

Visit learntolive.com/partners and use the code **INTACT1** to get started. If you're already a member, simply sign-in with your username and password.

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