



MENTAL HEALTH

MEN NEED SUPPORT

June marks Men's Health Month, which aims to raise awareness about men's health within the global community.

This initiative hopes to provide men and their loved ones with the necessary tools to support their mental health.

Men are less likely to reach out

According to chartered psychologist and men's health columnist and author Jenny Kennard, men are less inclined to seek assistance for their mental health when it comes to issues like stress and depression than women. Thus, men tend to not report their mental health problems to their medical practitioners or psychologists.

Rob Whitley, associate professor in the field of social psychiatry and a men's mental health advocate says, the stigmatisation of men's mental health is the main concern that men are less likely to seek help when they need it the most.

Whitley adds that there is "internal shame and embarrassment" for men seeking psychological help and external stereotypes from media and families of the negative spotlight that men's mental health is placed in.

Kennard notes that stress affects every person differently, and stress responses between men and women may differ.

According to Medical News Today, men and women display different symptoms of the same mental problem. For instance, the National Institute of Mental Health explains that men who have depression may hide their emotions and display anger, irritability, and aggressive behaviour, whereas women may display sadness.

How to support men

Dan Doty, the co-founder of EVERYMAN – an online men's community and support group – focuses on men's mental health and helping men connect to help one another live fulfilling lives. He shares a few ways that loved ones can support the men in their lives:

- **Have an open conversation.** Men can find it difficult to discuss their mental health problems because of the stigma. Start a conversation slowly and openly to find out how your co-worker, spouse, friend, or brother is doing emotionally and psychologically.
- **Help men receive the support they need.** By connecting with them and providing them with support for what they are experiencing, try and help them receive the medical support they need, such as a psychologist or psychiatrist.

Talk to your healthcare provider if you need support or want to learn more about men's mental health. Open communication and getting treatment can help improve your overall mental health.