

# Men's Mental Health

"SEEKING HELP IS NOT A SIGN OF  
WEAKNESS RATHER STRENGTH "

By Maryam Qavi

## JOURNAL PROMPTS

It's time to eliminate the stigma that prevents men from discussing their mental health and from getting treatment if problems arise on Men's Mental Health Awareness Day.

June 13th is Men's Mental Health Day. Men experience the full range of mental health issues, from disordered eating to anxiety to suicide. But sometimes it's hard to talk about, and sometimes it's hard to tell when you should go further and seek help. Since 2002, Men's Health Week has been observed in the middle of June. Men's Health Week is observed with the primary goal of raising awareness about the health of men worldwide. Men are less likely than women to recognize, discuss, and seek treatment for their disease, despite the fact that the incidence of mental illness are similar between the sexes.

Nevertheless, up to 10% of males can develop paternal postpartum depression, and men account for 80% of suicide deaths. We encourage everyone to learn more about the signs and symptoms of mental health problems and talk honestly with the men in their lives. On this day we are reminded that mental illness doesn't discriminate, and everyone should feel comfortable seeking help.

- How can I channelize my views and strengthen my mind?
- How to avoid getting drained and pour like rain?
- How can I change my fake smile into a real one?
- What three changes can you make to live according to your values?

# STIGMA AROUND MEN'S MENTAL HEALTH

Everyone is aware of the stigmas placed against women in society, which greatly cause a decline in their mental statuses. But we must also realize that there are similar stigmas against men that cause similar problems for them as Men who struggle from mental health problems mostly try to avoid approaching the help that they may need and resort to other reliefs such as drugs or liquor. Men also try to escape from their problems by throwing themselves into work and doing their best to ignore these signs rather than seek help that can help save their lives.

About 75% of documented suicides are committed by men. All of this is caused by the stigma surrounding men receiving mental health. As a society, we might describe ourselves as progressive and open-minded. But why is it that we still don't accept men into the mental health circle, why are they shunned? All these answers are found in the actions taken up by society, for decades, men are understood to have a certain control over everything, they are expected to hold their head high and ignore problems, for they are the leaders and leaders can never complain, they can never cry.

Problematic statements like "a grown man never cries" leads to this decline of understanding in society, and it is only as a society that we can piece ourselves back together. This men's mental health month, let us be more inclusive and accept men with mental health problems, they are still human after all.



In US, June is Men's Mental Health Month, a national observance used to raise awareness about mental health & healthcare, and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising, eating healthy, etc. The main focus of this month is to raise awareness about how equally important men's health, feelings & emotions are, which are often overlooked. Through the ages, men have been often expected and considered to be the breadwinners and to be strong, dominant and in controls.

The mental pressure on the men, to maintain those qualities simply because they are supposedly the "stronger half of the civilization", along with society's expectations and traditional gender roles play a role in why men are less likely to discuss or seek help for their mental health problems. Some research also suggests that men who can't speak openly about their emotions may be less able to recognize symptoms of mental health problems in themselves, and less likely to reach out for support. Untreated mental health conditions can lead to high-risk behaviors including substance abuse, gambling and other forms of addiction.

Well-being of men can be achieved through therapy; this can help men overcome mental health conditions, improve their relationships, and make positive life changes. Opening up to friends, talking about personal challenges, problems and so on, lifts a huge weight off people's shoulders. Men are equally important as others, and such a bias system which defines men, must not be encouraged or continued.

By Akshayaa Subbarayan, 11C

# “EMOTIONS HAVE NO GENDER, DON'T LOCK YOURS IN THE DARK”

According to the World Health Organization, Mental Health is explained as an approach of well-being in which the individual perceives his or her own capabilities, can handle the normal pressures and difficulties of life, can work productively and fruitfully, and is able to make an improvement to their community.

Mental Health predominantly influences emotional, psychological, and social well-being of an individual. Mental health plays a significant role at every stage of life, from childhood and adolescence through adulthood. Although both men and women are afflicted by mental illness, it is frequently overlooked in males as compared to females. Mental health among men often goes untreated considering the fact that they are far less likely to pursue mental health treatment than women. For instance, various studies have found that men are less likely to acknowledge and communicate possible symptoms of mood disorders such as depression and anxiety issues.

In recent times, more attention has been provided to men's mental health and has gathered a lot of attention worldwide. Research has frequently shown that therapy is a productive technique of treating mental health. Therapy is widely observed to have a positive influence on men who participate in it. Hence, we as individuals must maintain a positive well-being by taking good care of ourselves and our surroundings as well.



# MASCULINITY, THE PATRIARCHY AND MENTAL HEALTH

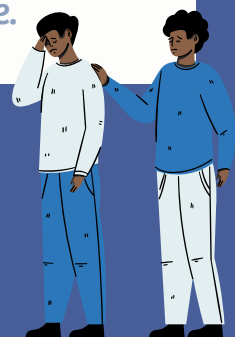
BY AAFRIN AJMAL, 11-D

## "Mental Health has no Gender"

Although mental health affects all genders, it is often overlooked in men, considered a weakness if they struggle with it, or not taken as seriously. Though men are at a significantly higher risk of suicide than other gender demographics, surveys show that they are the least likely to reach out and seek help. There are a host of different factors that contribute to this. However, the most prominent of them all is society's patriarchal structure and the expectations of gender roles that come with it.

Traditionally associated with misogyny, the patriarchy overvalues the masculine, women and men alike, forcing the former to act as if they don't have or need relationships and the latter to act as if they don't have or need a self. Whether consciously or subconsciously, due to generational trauma and societal norms, most men try to conform to these expectations, leading to internalized emotions and ultimately affecting their mental health and well-being. This cycle of repression is dangerous as the lack of information surrounding this topic prevents them from seeking professional help and exploring safe coping mechanisms leaving them to turn to unhealthy and risk-taking behaviors [such as substance abuse].

The good news is that, when mental health intervention begins early and the right combination of treatments is put in place, suicide ideation is dramatically decreased. Men's symptoms tend to manifest themselves differently as compared to women and are, therefore, harder to spot. Given this disparity, strategies designed to improve help-seeking among men must be developed further. Deciding to start a conversation with a friend or loved one about mental health takes courage and strength. Someone you know is likely experiencing feelings of depression or anxiety, and you have the power to make a difference in their lives. Take action for Men's Health Month by looking out for those you love.



By Alaina Nayak

# The Truth About Men's Health

Men's health (and mustaches) are top of mind this month, thanks to the global Movember Foundation. Here are some hairy stats about men's leading health issues.

This year, more than **233,000** men will be given a prostate cancer diagnosis.

Nearly half of testicular cancer diagnoses occur in men age

## 20 to 34.



Top three cancers for men in Utah:

- 1 Prostate
- 2 Skin
- 3 Colorectal



Half of American men will receive a cancer diagnosis during their lifetime.

## THE GOOD NEWS:

NEARLY **95%** OF CANCERS

are linked to lifestyle or environmental factors. Your best defense:

- » Don't smoke or abuse alcohol.
- » Exercise regularly.
- » Eat a healthy diet.
- » Limit sun exposure.

Prostate cancer death rates in the U.S. have been decreasing since 1990. The 10-year survival rate is 99%.

Two out of three men visited a doctor in the past year. Regular checkups and screenings can detect cancer early, when treatment is most successful.



## TAKE PROACTIVE STEPS

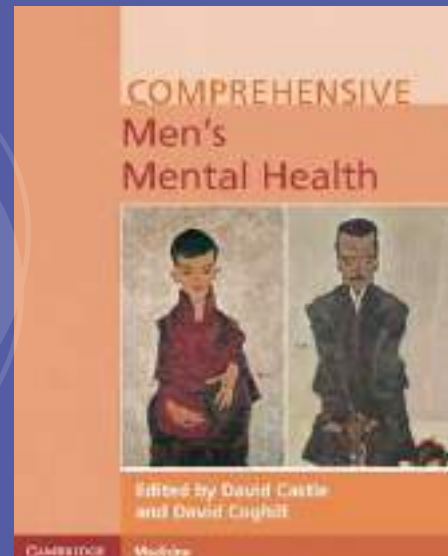
Schedule an annual physical and **talk with your doctor** about what screenings are right for you.





# BOOK RECOMMENDATIONS!

By Mark Monteiro



1) THE MEN'S HEAD SPACE  
MANUAL-TECHNIQUES AND  
EXERCISES FOR LIVING

2) COMPREHENSIVE  
MEN'S MENTAL  
HEALTH

## Credits

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