

# movember

## Men's Mental Health Month

*"Boys, Men and Mental Health –Man Up is not the answer."*

November reminds us of the reason behind Movember. This month is a reminder to all men and women to initiate and continue conversations around men's mental health and suicide prevention.



In recent years, there has been a growing conversation about mental health. One effect of this seems to be that it gave us all permission to look at ourselves and acknowledge that "it's okay not to be okay."

Though mental illnesses are more prevalent in women than men. Men suffering from mental illnesses are less likely to seek help. One of the reasons for this is the pressure men go through to man up and be tough.

november newsletter

The stigma around speaking about their problem is considered a sign of weakness and not manly.

Societal expectations and traditional gender roles play a role in why men are less likely to discuss or seek help for their mental health. Experiencing a mental health concern is not unusual and is nothing to be ashamed of. The stigma affecting men is real and it affects 1 in 10 males but less than half will receive any form of treatment.

Men's mental health is often unspoken about. All of us have men in our lives. Be it father, grandfather, uncles, brothers, and friends. Their health is important and matters to us and this is the reason why we need to have more conversations around the mental health of men.

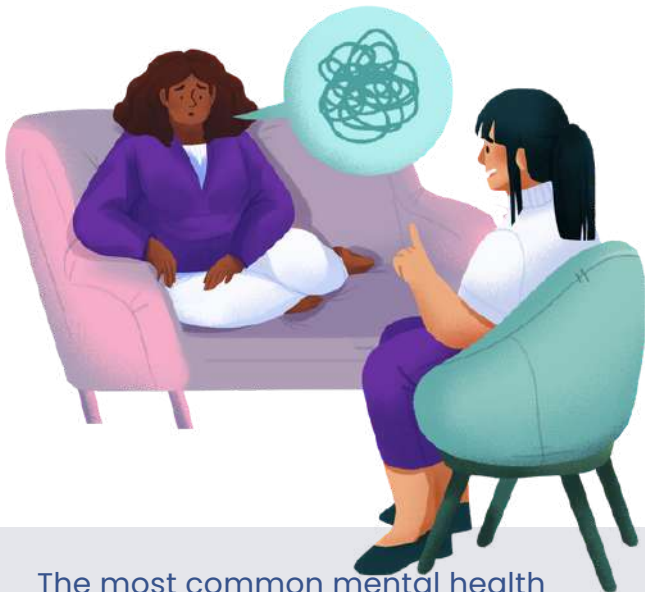


## The Influence of Stereotypes on Men's Inclination to Seek Help

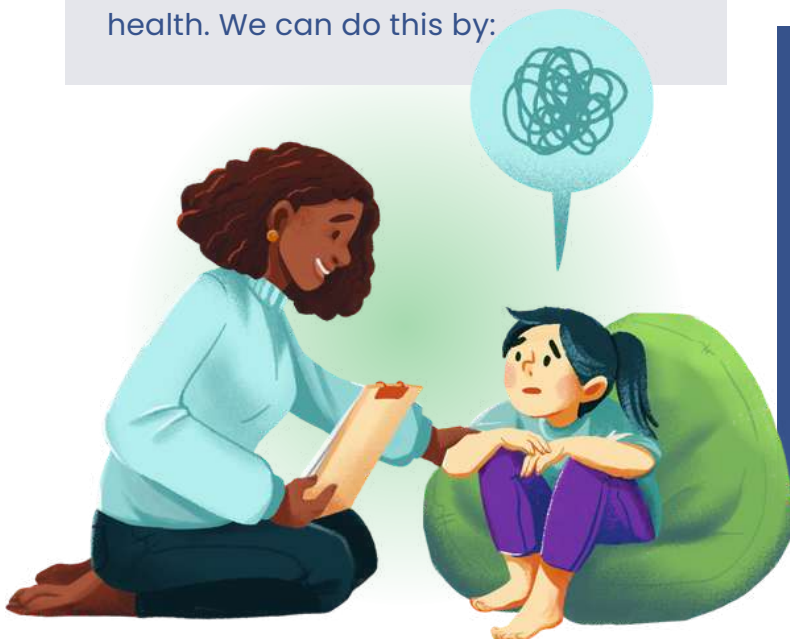
Stereotypes surrounding masculinity have long influenced societal expectations and norms, particularly in the context of men's help-seeking behavior. These stereotypes, deeply ingrained in cultural narratives, often discourage men from seeking assistance when facing personal or emotional challenges. Let's talk about the detrimental effects of stereotypes on men's willingness to seek help and emphasizes the importance of dismantling these preconceived notions. Traditional gender norms dictate that men should embody qualities such as strength, independence, and emotional resilience. These expectations create a stigma around vulnerability and emotional expression, deterring men from seeking help when facing difficulties. The fear of being perceived as weak or unmanly acts as a significant barrier, preventing men from accessing the support they may desperately need.

- Moreover, societal stereotypes often limit the range of acceptable emotions for men, reinforcing the fact that they should remain strong and unemotional. This narrow definition of masculinity contributes to the reluctance of men to acknowledge and address their mental health concerns.
- Consequently, men may internalize their struggles, leading to adverse consequences for their overall mental well-being. In conclusion, stereotypes surrounding masculinity significantly impact men's help-seeking behavior, creating barriers that hinder their ability to access necessary support.
- By fostering an environment that accepts vulnerability in men, we can pave the way for improved mental health outcomes and a more supportive society for everyone, regardless of gender.

# Common Mental Illness among Men



The most common mental health illnesses are depression and anxiety. Men are usually afraid to see a psychologist, believing that people only speak to psychologists when they are mentally ill and worry about the stigma. But Men must get professional help and/or speak to someone they trust as this is the only way to get rid of mental health issues effectively. We as a community must promote open conversations about men's mental health and break the stigma surrounding men's mental health. We can do this by:



Mental illness among men is often not reported due to societal stigmas that discourage men from expressing emotions.. Due to these stigmas men often exhibit coping mechanisms that can be harmful to others and them. They often lash out in anger and Many men cope through drugs and alcohol rather than talking about their mental health issues. Men are often taught from a young age to be strong and not to cry or be emotional. Talking about men's mental health benefits everyone: themselves, their loved ones, and society at large.

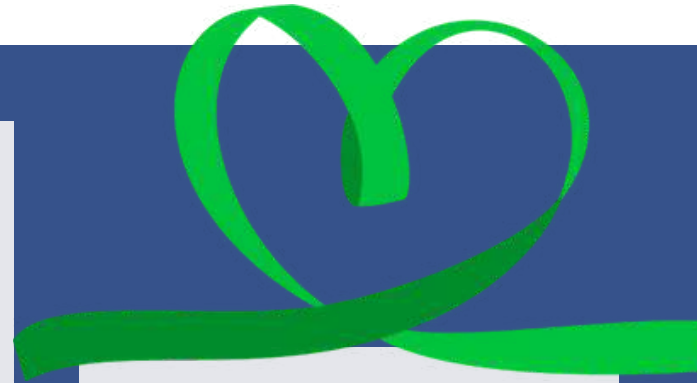


- Challenge stigma through education and positive role models.
- Tailor approaches to address men's mental health's unique needs.
- Engage community leaders for support and endorsement.



# Opening up about mental health

**Daniel Radcliffe**, the actor best known for his role as Harry Potter in the film series, has been open about his struggles with obsessive-compulsive disorder (OCD). Radcliffe has spoken publicly about his experiences with OCD and how it has affected his life. After a referral to a therapist, Radcliffe was finally able to get the help he needed to cope with his compulsions.



He has emphasized the importance of seeking treatment and managing the condition. Radcliffe has also been an advocate for mental health awareness, using his platform to reduce the stigma associated with mental health issues and encourage others to seek help

**Demi Lovato** is an American singer, songwriter, and actress who has been open about her struggles with mental health, including bipolar disorder. Bipolar disorder, formerly known as manic depression, is a mental health condition characterized by extreme mood swings, including episodes of mania and depression. Bipolar disorder is a relatively common mental health condition, affecting a significant number of people worldwide. The prevalence of bipolar disorder can vary depending on the source and the population studied.. Demi Lovato was diagnosed with bipolar disorder in 2011. She has been vocal about her journey, using her platform to raise awareness and reduce the stigma associated with mental health issues. Lovato has shared that she experiences both depressive and manic episodes, which are common features of bipolar disorder. In addition to her advocacy work, Lovato has been candid about her personal struggles with addiction and self-harm. She has used her experiences to connect with fans and promote a message of self-acceptance and resilience. It's important to note that mental health is a complex and





Myths	Facts
1. Real Men Don't Cry	1. Emotional expression is a sign of strength, not weakness. Encouraging boys to express their feelings fosters resilience and mental well-being.
2. Seeking Help is a Sign of Weakness	2. Seeking support is a courageous step. It takes strength to acknowledge and address mental health concerns, just like seeking help for physical health issues.
3. Men Should Handle Stress on Their Own	3. Everyone needs support. Encouraging open communication and seeking assistance when needed are healthy ways to cope with stress.
4. Gaming or Screen Time is an Escape for Mental Health Issues	4. While hobbies like gaming can provide temporary relief, they are not substitutes for professional help. It's crucial to address underlying mental health concerns rather than relying solely on distractions.
5. Men Should Always Be in Control	5. It's okay not to have everything figured out. Admitting vulnerability and seeking guidance is a strength that promotes personal growth.



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