

Understanding Men's *mental health*

Health & Mind club

June Newsletter

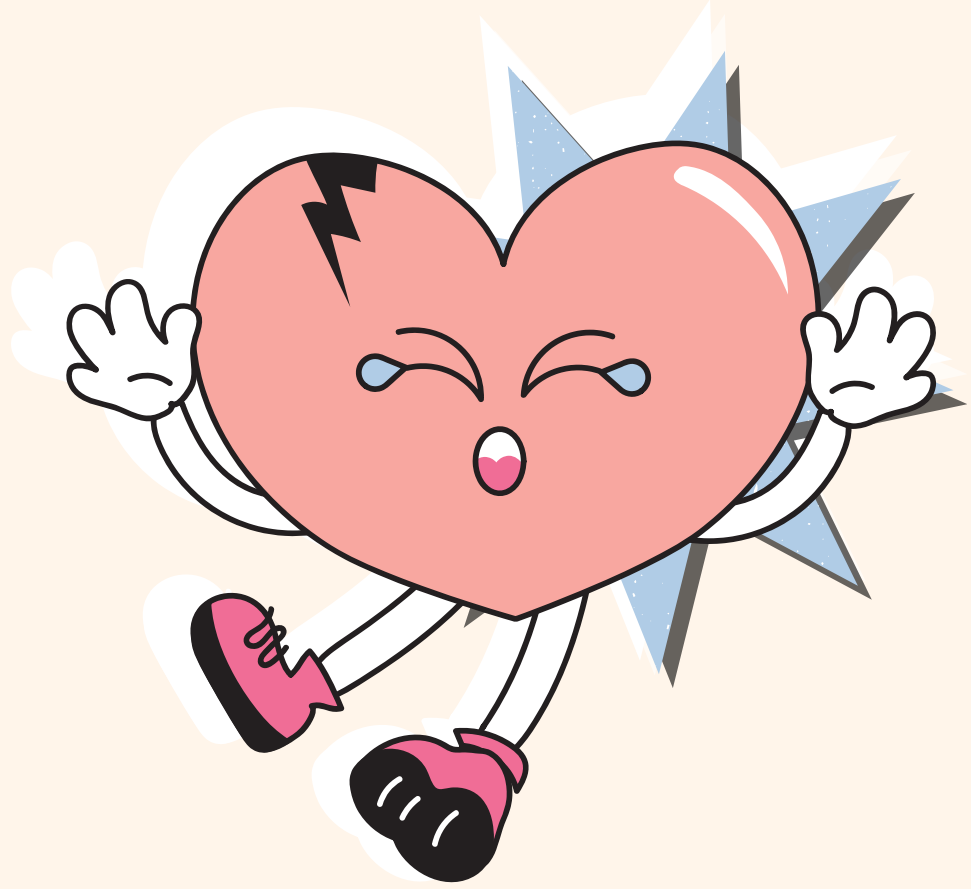
In our present society, we have often come across people telling us things like “Men should be stoic and unemotional” or “A mental issue is a sign of failure for a man”. Society has normalized the fact that men should suppress their vulnerabilities and put on a brave character in every situation, not seeking help from anyone and thus disregarding the fact that men are humans too.

As a result of society inflicting this ideology on men, they are forced to suffer in silence, unable to access the support they need. Men often have to bottle up their true self and always put on a brave character which doesn't let them express their struggles and sentiments.



Society can tackle men's mental health issues by promoting open and public discussions, discouraging stereotypes and normalizing help-seeking behavior without stigma. The new norm of society should be “Open Up” instead of the usual “Man Up”.

Common Mental health issues faced by men



Men today find themselves wading through the murky waters of society's harsh judgment and stigma. There is a recurring negative link between poor social status and mental health, mostly originating out of a toxic societal culture of pushing men to their limits. Following are some mental health issues that men are most prone to in our present generation:

1

Typically, in older men, the rates of depression are particularly high due to loneliness, and the gradual loss of numerous loved ones.

2

Men who have experienced traumatic events like violent fights and assault are more prone to illnesses like PTSD.

3

Men who work in poor conditions and have high workloads typically experience varying degrees of stress disorders. In contrast, unemployment leads to depression (due to the resulting financial struggle) and, in extreme cases, suicide.

4

Men who have experienced marital breakdowns, particularly due to a disloyal partner, are more prone to experience severe depression and are most likely to commit suicide.



5

Men who are in legal troubles are prone to a myriad of issues like stress, depression, anxiety disorders, and suicide.





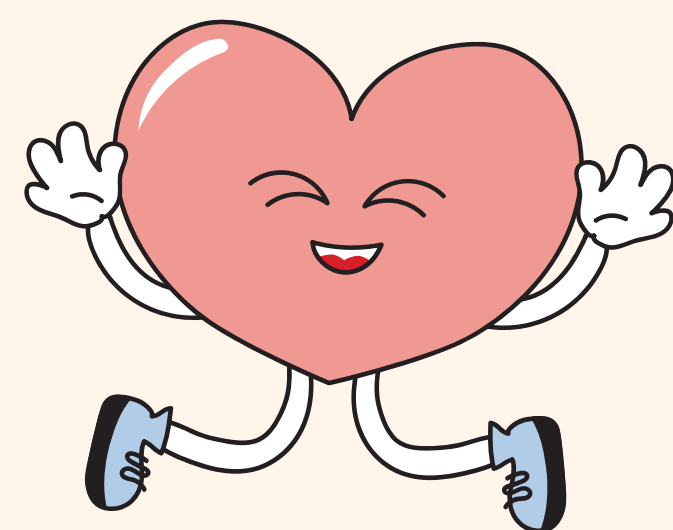
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Last but not least, men who engage in substance abuse (to cope with existing struggles) face the most severe kinds of physical, and mental issues due to the substances' side-effects.

Despite all of these issues faced by them, most men refrain from seeking formal support and keep their emotions locked in, finding themselves choked by gender norms and self-criticism. It's time for society to stop pushing men's mental health under the rug and take a stance for a more inclusive community.

Breaking the silence

We can begin to break the stigma around men's mental health and allow them to express their emotions by initiating genuine conversations by showing empathy and active listening.



We can provide them access to safe, non-judgmental spaces where men feel comfortable expressing their true feelings. We can encourage them to share emotions through peer support groups and one-on-one interactions. We can also promote mental health awareness through workshops, public campaigns.

Seminars to highlight the importance of normalizing the need for opening up can help as well, & we can both encourage them to express their emotions and raise public awareness of mental health issues. We can incorporate mental health check-ins as mental health worksheets distributed in workplaces while offering resources like counseling & anonymous helplines.

By normalizing vulnerability, we can help men confidently discuss and address their mental health and finally break the stigma around men's mental health.

Substance Abuse

We have already discussed how men usually face mental health issues like PTSD and severe palpitations attack. Instead of seeking help and talking about their problems, most of the men usually fall victim to bad habits like drinking or smoking as a way to relieve their stress. This is very much common amongst teenagers also who experience significant anxiety attacks or are peer pressured by their friends to do so.



"A person is not addicted to drugs, but the escape from reality" (Anonymous) this quote explores the effect a person's circumstances can have on their relationship with addiction. It is crucial to acknowledge that addiction starts out in first-time users due to different risk factors, such as their environment; in a way where peer pressure, physical and sexual abuse, early exposure to drugs, stress, and genetic predispositions.



With this arises the question of how to prevent addiction. Regular and effective programmes and awareness campaigns run by schools and communities that highlight the harm that drug usage will cause among teens and provision of support through free or affordable therapy and similar resources should be offered to those battling addiction.

Treatment plans for addicts should be reviewed often and modified to fit their changing needs. With proper awareness and support addiction can be reduced in society and can help create a better and safer community for all.



PTSD & the misconceptions surrounding it

Post-Traumatic Stress Disorder, or PTSD. This condition, often shrouded in misconception, impacts countless lives across the globe. As people strive for a society rooted in understanding and empathy, it is imperative that myths surrounding the subject be dismantled and people begin embracing the truths that foster compassion and support. It's our duty as the citizens of this planet to address the common misconceptions surrounding this topic and educate our future generations with the actual facts of the disorder.



MYTH:

People with PTSD are violent or dangerous.

FACT:

While some individuals with PTSD might have anger issues, the majority are not violent. They are more likely to harm themselves than others.

MYTH:

PTSD is incurable and lasts forever.

FACT:

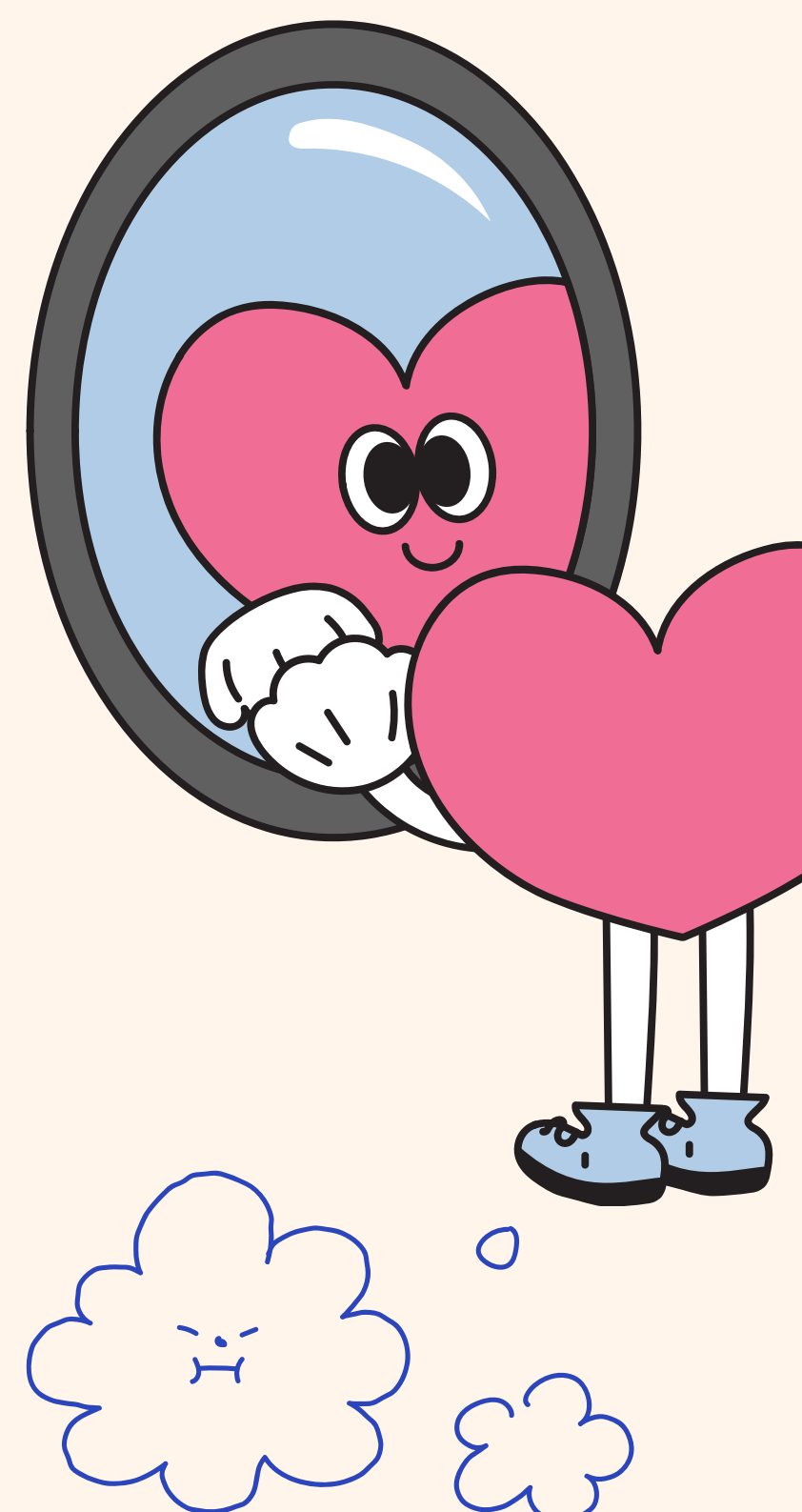
With appropriate treatment, many people with PTSD can manage their symptoms and lead fulfilling lives. Therapy and medication can be highly effective.

MYTH:

PTSD only affects adults.

FACT:

PTSD can affect individuals of any age, including children who have experienced or witnessed traumatic events.





MYTH:

All trauma leads to PTSD.

FACT:

Not everyone who experiences trauma will develop PTSD. Factors like the severity of the trauma, personal history, and support systems play a role in its development.

MYTH:

People with PTSD should avoid talking about their trauma.

FACT:

Discussing traumatic experiences in a safe environment can be an important part of the healing process for many individuals with PTSD

MYTH:

PTSD is just about having flashbacks.

FACT:

While flashbacks are a symptom, PTSD includes a variety of symptoms such as avoidance, negative changes in mood and cognition, and hyperarousal.

Credits

Editorial :

Graphics :

Sarah Khan 11G Haniyah Salim 11F
Daniyal Khan 11L Shivangee Nair 11E
Maira Siddiqui 11E Lakshitha Raja 11D
Gautham Sangameshwar 11P

Jumaana Shabeer 10G

