

Mental Health and Men

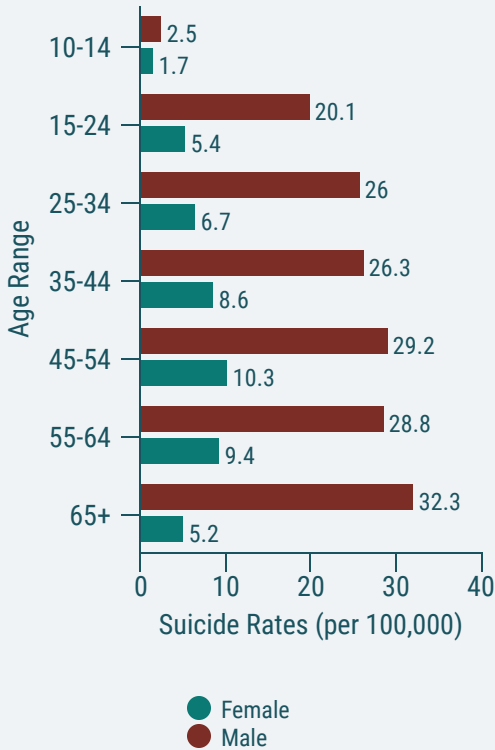


1 in 5

1 in 5 people experience mental illness in a year.

Men of color are at greater risk

Suicide Rates for Males and Females by Age in the US (2016)



60 in 60

Every 60 minutes we lose 60 men to suicide.

Sources can be provided upon request

MEN are less likely than women to seek help for **STRESSFUL LIFE EVENTS, SUBSTANCE ABUSE, and DEPRESSION** **DUE TO:**

Social Norms about Masculinity

Downplaying Symptoms

Disconnection and Isolation



Suited Support

Men are more likely to seek support from peers and stress relieving activities than traditional mental health methods.

3 Major Mental Health Problems Affecting Men

DEPRESSION

Over 6 million men struggle with depression each year. Men are more likely to report fatigue, irritability, loss of interest, rather than feelings of sadness or worthlessness.

ANXIETY

More than 3 million men have a panic disorder, agoraphobia, or any other phobia

PSYCHOSIS AND SCHIZOPHRENIA

Schizophrenia is one of the leading causes of disability. The age of onset is sooner in men than women, typically in late teens to early 20s.

Join the USF Making Connections Team as we walk 60 miles to support men's mental health or donate at: <https://moteam.co/making-connections-university-of-south-florida>