



MENTal Health

3x

Mental health is a very important but often ignored topic, especially in reference to men. One would think that this issue would be more frequently talked about since men die by suicide on average about 3 times more often than women.

It is argued that “masculine norms reinforce stoicism and avoidance of displays of negative affect. The dominance of these norms might contribute to negative consequences for men with depression. This is why men are thought to react to depression by avoiding it, numbing it, escaping it, turning to anger, self-harm, or suicide.”

-Scholz, Crabb, Wittert

Men are stereotypically told from young ages that “boys do not cry” and that they “should not show emotions”. By putting these expectations on you, there are higher chances of you growing up not expressing yourselves in healthy ways, making yourself much less likely to reach out for help. There is so much stigma regarding just asking for help that men, in many cases, would rather just suffer in silence.

There are various symptoms of depression in males (these differ from person to person). Some common signs are:

- anger
- irritability
- anxiety/restlessness
- loss of interests
- feelings of emptiness
- tiredness
- isolation
- dependency of alcohol/drugs

as well as many others included here:

<https://www.nimh.nih.gov/health/publications/men-and-depression>

If you are one of the 1 in 5 adults with a mental illness, we are here to tell you that YOU ARE NOT ALONE. Speaking to friends, family, or a professional is a very important step towards getting help. Just because mental illnesses are not as visible compared to a physical ailment, it does not mean they are any less significant.

Syracuse University offers 24/7 help at their phone number 315-443-8000, in-person or virtual appointments, and individual therapy.

Access many different types of mental health hotlines through this link: <https://www.samhsa.gov/find-help/national-helpline>

Support is only a phone call away, don't hesitate to ask for it.

Citations

BBC. (n.d.). Why more men than women die by suicide. BBC Future. <https://www.bbc.com/future/article/20190313-why-more-men-kill-themselves-than-women>.

Counseling. Barnes Center at The Arch. (n.d.). <https://ese.syr.edu/bewell/counseling/>.

SAMHSA's national Helpline – 1-800-662-help (4357): SAMHSA - substance abuse and mental health Services Administration. SAMHSA. (n.d.). <https://www.samhsa.gov/find-help/national-helpline>.

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