

# Mental Health and Men

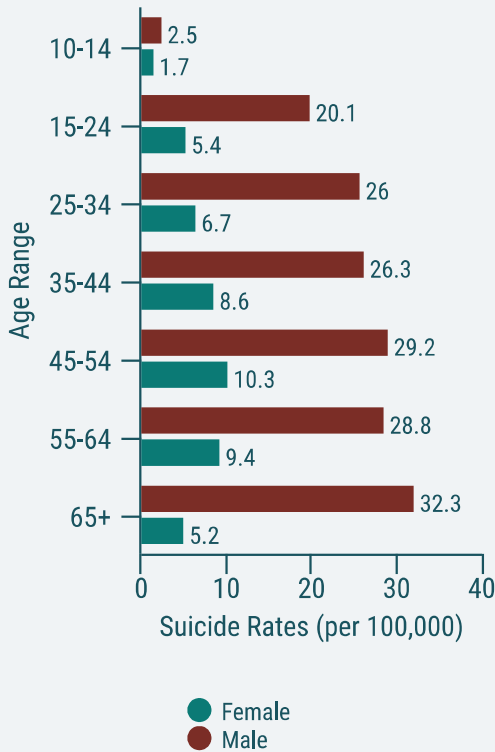


**1 in 5**

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.

**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** (sad face icon)  
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** (worried face icon)  
More than 3 million men have a panic disorder, agoraphobia, or any other phobia

**PSYCHOSIS AND SCHIZOPHRENIA** (brain icon)  
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.

Sources can be provided upon request

**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>**