

Men's Mental Health Presentation

Dr. Anita Everett

Director of Center for Mental Health Services

Substance Abuse and Mental Health Services Administration

U.S. Department of Health and Human Services

June Men's Health Month

Men's Health Week June 13-19, 2022



SAMHSA
Substance Abuse and Mental Health
Services Administration

National Mental Health Strategy, as part of Unity Agenda

The President's national mental health strategy lays out a vision to transform how mental health is understood, perceived, accessed, treated, and integrated in the United States.

- **This strategy has three pillars:**
 - **Strengthening system capacity**, in part, by building a national certification program for peer specialists, which will accelerate universal adoption, recognition, and integration of the peer mental health workforce across all elements of the health care system.
 - **Increasing connections to care** by expanding access to school-linked mental health supports, and by embedding and co-locating behavioral health providers into community-based settings.
 - **Creating healthy environments** and fostering a culture and environment that broadly promotes mental wellness and recovery.



Presentation Overview

01

Mental Health
Disorders in
Men

02

Disparities in
Mental Health

03

Treatment and
Recovery

Mental Health and Men

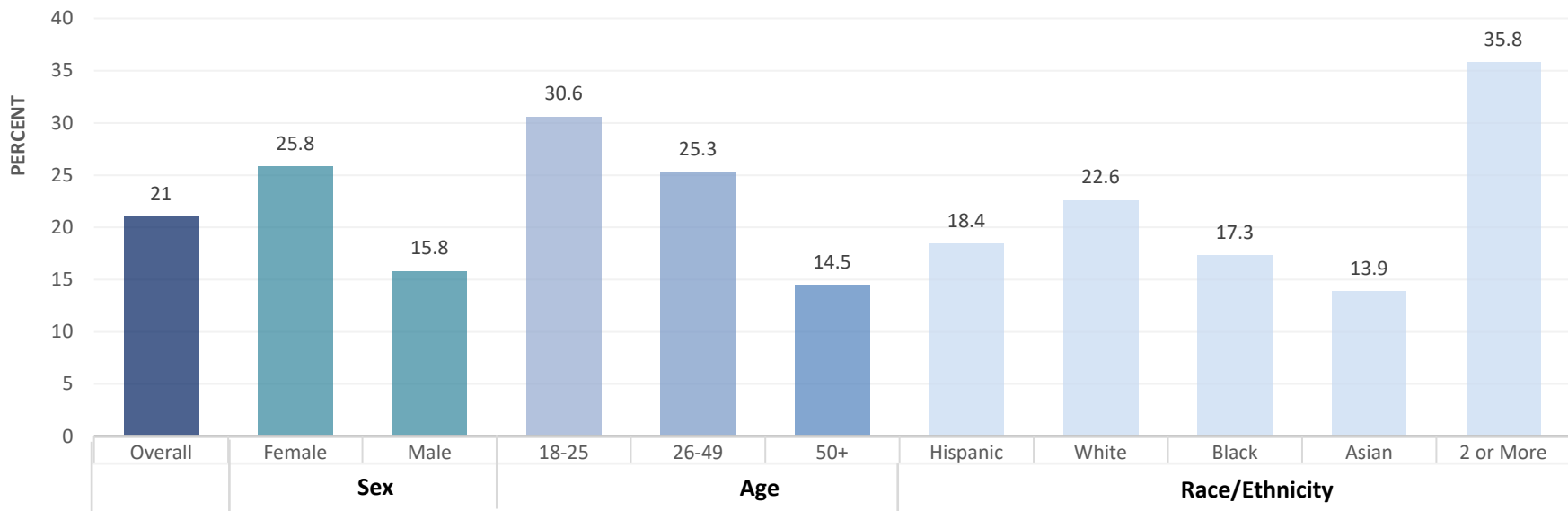


- Mental health includes emotional, psychological, and social well-being.
- Self-care can play a role in maintaining your mental health.
- Therapeutic support is important and if you have a mental illness it can assist in recovery.

Prevalence of Mental Illness

Past Year Prevalence of Any Mental Illness Among U.S. Adults (2020)

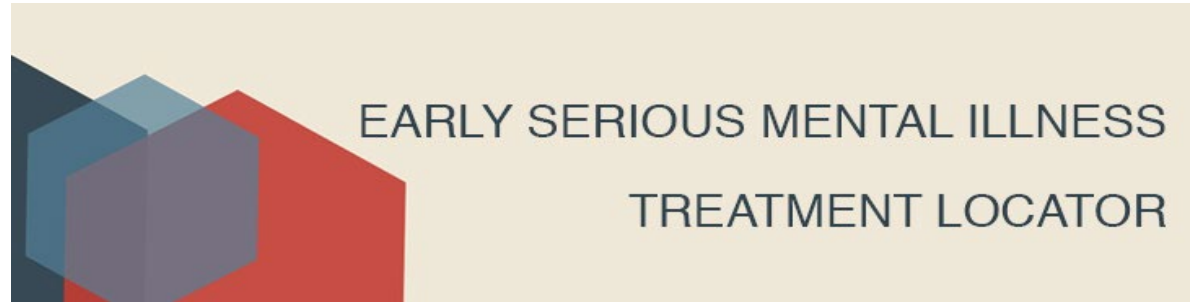
Data Courtesy of SAMHSA



Common Mental Health Disorders Affecting Men

These are some common types of disorders that affect men:

- Mood Disorders
- Anxiety Disorders
- Psychotic Disorders
- Post-Traumatic Stress Disorders
- Mental Illness and Substance Use Co-occurring Disorders



When to Seek Professional Help

Professional behavioral health services should be sought when distressing symptoms last for two weeks. These symptoms may be:

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to perform usual daily functions and responsibilities



Men's Mental Health and Health Disparities

Social vulnerabilities factors:

- Poverty
- Lack of access to transportation
- Crowded housing
- Financial loss due to job loss or a disaster

Resulting outcomes:

- Increases health and mental health concerns
- Substance misuse and abuse
- Homelessness



Homeless Programs and Resources

Help prevent and end homelessness among people with mental and substance use disorders through:

- SSI/SSDI Outreach, Access, and Recovery (SOAR)
- Grants for the Benefit of Homeless Individuals (GBHI)
- Projects for Assistance in Transition from Homelessness (PATH)
- Cooperative Agreements to Benefit Homeless Individuals (CABHI)
- Treatment for Individuals Experiencing Homelessness (TIEH)

Why Men Don't Seek Help

Men are less likely to seek mental health services and treatment than women. Men may feel they must:

- Display traditional “masculine” traits, such as strength and control
- Be the breadwinners in the family
- Rely on oneself and not seek help from others
- Fail to speak openly about their emotions



Suicide and Men

- In 2020 men died by suicide 3.88 times more than women.
- Males, 75 and over, had the highest rate of suicide compared to other age groups (40.5 per 100,000 of population)
- Among middle age non-Hispanic American Indian or Alaskan Native (AI/AN) men (36.0 per 100,000 of population)
- Second highest non-Hispanic white men (35.3 per 100,000 of population)



Occupations and Suicide in Men

The suicide rate among men was also greater than the general population for certain major occupation groups:

- Construction and Extraction (49.4 per 100,000)
- Installation, Maintenance, and Repair (36.9 per 100,000)
- Arts, Design, Entertainment, Sports, and Media (32.0 per 100,000)
- Transportation and Material Moving (30.4 per 100,000)



Mental Wellness and Suicide Prevention

Practice Self-care

- Regular exercise
- Eat healthy meals and hydrate
- Proper sleep
- Relaxing activities
- Set priorities and goals
- Practice positivity and gratitude
- Stay connected



- **Stay Connected**
- Recognize signs of mental distress
- Ask for help and access behavioral health service
- Participate in therapeutic treatments and rehabilitative services to learn personal and interpersonal coping skills
- Remove lethal means of acting out suicides



Treatment and Recovery



- Community-based organizations, mental health and substance use disorder professionals aid in the treatment and recovery of individuals with these health issues.
- Support groups and rehabilitation are also forms of therapeutic treatment for mental illness and mental illness co-occurring with substance use.
- Support groups led by peer workers also play a growing role in helping people find recovery by creating a respectful, trusting, empathetic, collaborative, and mutually supportive environment.

Expanded Lifeline

988 is a once-in-a-lifetime opportunity to strengthen and expand the National Suicide Prevention Lifeline and transform America's crisis care system to one that saves lives by serving anyone, at any time, from anywhere across the nation.

Provide direct, life-saving service to all with suicidal or mental health crises through a strengthened and expanded network of Lifeline call centers.

Link Lifeline callers with a community-based crisis care system ready to deliver needed services.

SAMHSA's Crisis Response

SAMHSA will also implement this service to help reduce the disparity in equitable health care and treatment.

988 and Crisis System



References

- American Psychological Association, (October 2021) Speaking of psychology: men, masculinity, and mental health, with Ronald F. Levant, EdD. Retrieved from <https://www.apa.org/news/podcasts/speaking-of-psychology/masculinity-mental-health>
- Centers for Disease Control and Prevention, (2022, May 3). Disparities in suicide. Retrieved from <https://www.cdc.gov/suicide/facts/disparities-in-suicide.html>
- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. [Feb 17, 2022]. Available from URL: www.cdc.gov/injury/wisqars
- Centers for Disease Control and Prevention, (March 2022, 29). Social determinates of health, Retrieved from <https://www.cdc.gov/chronicdisease/programs-impact/sdoh.htm>
- Lotus Campaign, (n.d.). The challenge. Retrieved from <https://www.lotuscampaign.org>
- National Institute of Mental Health, (2021, April). Caring for your mental health. Retrieved from <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>
- National Institute of Mental Health, (n.d.) Men and mental health. Retrieved from <https://www.nimh.nih.gov/health/topics/men-and-mental-health>
- National Institute of Mental Health, Mental illness. Retrieved from [https://www.nimh.nih.gov/health/statistics/mental-illness#:~:text=Any%20mental%20illness%20\(AMI\)%20is,mental%20illness%20as%20defined%20below](https://www.nimh.nih.gov/health/statistics/mental-illness#:~:text=Any%20mental%20illness%20(AMI)%20is,mental%20illness%20as%20defined%20below).
- National Institute on Minority Health and Health Disparities, (2022, February 7). Brother, you're on my mind. Retrieved from <https://www.nimhd.nih.gov/programs/education/byomm/>
- Substance Abuse and Mental Health Service Administration, (2022 April 21). Co-occurring disorders and other health conditions. Retrieved from <https://www.samhsa.gov/medication-assisted-treatment/medications-counseling-related-conditions/co-occurring-disorders>
- Substance Abuse and Mental Health Service Administration, (2022 April 26). Peers. Retrieved from <https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers>

Thank You

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)