

Men's Mental Health



There is often a strong focus on men's physical health — fitness, annual checkups, and heart health — but mental well-being is equally as important because mental health is health!

Just as the body needs care and attention, so does emotional and mental well-being. Yet, there is a silent crisis in men's mental health — one that too often goes unnoticed or unspoken. Men are nearly four times more likely to die by suicide than women*, underscoring the urgent need to break this silence and seek support.

In 2024, among U.S. men* age 18 and older:

20% experienced a mental illness

21.3% experienced with a substance use disorder

4.7% experienced a serious mental illness

42.1% with a mental illness received treatment in the past year

5.5% had serious thoughts of suicide in the past year

*Data from SAMHSA and CDC, and reflects individuals assigned male sex at birth.

These numbers serve as a powerful reminder: no one struggling with mental health is alone. Talking about mental health is not a sign of weakness.

Small steps to care for mental health can lead to significant change. Let's build a culture where men feel safe speaking up and reaching out. As a community, we can break the stigma, support one another, and ensure no one struggles in silence.

How Can You Help?



Start a conversation

A simple conversation can spark transformation. Whether a father, brother, uncle, friend, or colleague, check in with the men in your life.



Share resources

Help normalize seeking help by sharing information about mental health support services, hotlines, and local organizations. Let others know support is available — and that it works.



Create safe spaces

Encourage environments — at home, work, school, the barbershop, gym, church, or in the community — where men feel comfortable opening up without judgment. Sometimes, just knowing it's OK to talk makes all the difference.

Visit [NAMI.org/mensmentalhealth](https://www.nami.org/mensmentalhealth) to learn how you or someone you know can recognize the signs, find support, and take the first steps toward mental wellness.





June is Men's Health Month



01



02



03

Eat Healthy.

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

“Recognizing and preventing men’s health problems is not just a man’s issue. Because of its impact on wives, mothers, daughters, and sisters, men’s health is truly a family issue.” – Congressman Bill Richardson (May 1994)

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men’s Health Week.

1 in 2

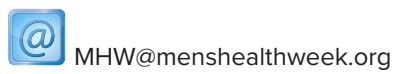
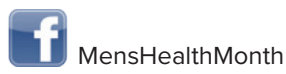
1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

ONLINE RESOURCES

- Men’s Health Month**
MensHealthMonth.org
- Men’s Health Network**
MensHealthNetwork.org
- Get It Checked**
GetItChecked.com
- Talking About Men’s Health Blog**
TalkingAboutMensHealth.com
- Men’s Health Resource Center**
MensHealthResourceCenter.com



AWARENESS. PREVENTION. EDUCATION. FAMILY.

Celebrate Men's Health Throughout the Year

Visit the Men's Health Resource Center:

www.MensHealthResourceCenter.org

Develop a Wear Blue program where you work, pray, or play:

www.WearBlueForMen.com

Follow the latest men's health news at

Talking About Men's Health:

www.TalkingAboutMensHealth.com

Learn about Men's Health Month, view Governor/Mayor proclamations, and more:

www.MensHealthMonth.org

Find free flyers, brochures, and more in the Men's Health Library:

www.MensHealthLibrary.com

You can purchase brochures, door hangers, and books:

www.mhnstore.com

Learn about prostate health and Prostate Cancer Awareness Month:

www.ProstateHealthGuide.com

Learn about Testicular Cancer Awareness Month:

www.TesticularCancerAwarenessMonth.com

Subscribe to the MHN YouTube channel:

www.youtube.com/mhnmedia

Visit Men's Health Network:

www.MensHealthNetwork.org

Subscribe to the Healthy E-Male newsletter:

www.healthyemale.com

To learn about the Fathers Connection:

www.FathersConnection.org

For more information about the Fathers Connection and/or men's health program opportunities, call or email:

202-543-6461 x 101

info@menshealthnetwork.org



Like us on Facebook



MensHealthMonth



Follow us On Twitter



MensHealthMonth

THANKS FOR YOUR SUPPORT!