



Males accounted for 68.25% of all suicides in Singapore, in 2021

Asking for help is not a sign of weakness

Men are less likely than women to recognise the symptoms of a mental health condition, and those who do tend to be reluctant to acknowledge the issue. They tend to suffer in silence due to societal expectations and traditional gender roles.

Normalise the conversation - Stop Saying All These To Men

- “Boys don’t cry”
- “Keep it to yourself”
- “Stop showing emotions”
- “Crying means you are weak”
- “Show strength”
- “Man up”
- “Be a man”



This contributes to so much stigma around male mental health. Let's encourage men to speak up and speak out about their emotions!

(extracted from: <https://themindsjournal.com/quotes/saying-all-this-to-men-mental-health-quotes/>)

Let's Get it Right

- It's not wise for a man to blame himself, isolate himself, and risk losing himself.
- Personal strength or weakness has nothing to do with whether someone has heart disease, and the same is true for mental health problems.
- Respond to emotions with mindfulness, acceptance, and self-compassion rather than through avoidance or over-control. This kind of response allows greater flexibility and possibilities in our lives.

(extracted from: <https://www.lyrahealth.com/blog/trying-to-control-your-emotions-might-be-the-problem-not-the-solution/>)

What men don't know, they can't change or seek treatment.

Signs to watch:

- Changes in energy level or mood, including irritability, anger, or aggressiveness
- Changes in work performance
- Weight fluctuations, or changes in appetite
- Sadness, hopelessness, or not enjoying things that used to be pleasurable
- Sleeping too much or too little
- Difficulty concentrating
- Alcohol or drug use, or other high-risk activities
- Physical symptoms like headaches or stomach issues that don't have a clear cause

(extracted from: <https://www.lyrahealth.com/blog/mental-health-stigma-males/>)

What the workplace can do to promote mental health for men:

- Encourage men to talk about mental health. Be a non-judgmental listener.
- Use language that is likely to resonate with the men in your workforce when communicating about mental health eg emphasizing self-help, coaching, and skill-building rather than therapy or mental health treatment.
- Build a culture of mental wellness at work, including broader organization-level tools to create a psychologically safe work environment, and training line managers to have meaningful conversations about mental health.
- Understand the different needs and provide personalized or culturally responsive support.

(extracted from: <https://www.lyrahealth.com/blog/mental-health-stigma-males/>)

If you or someone you know needs support, please contact the following helplines:

- National CARE hotline: 1800 202 6868
- Samaritans of Singapore: 1800 221 4444
- Institute of Mental Health's Mental Health Helpline: 6389-2222
- TOUCHline (Counselling): 1800 377 2252
- Care Corner Counselling Centre: 1800 353 5800