



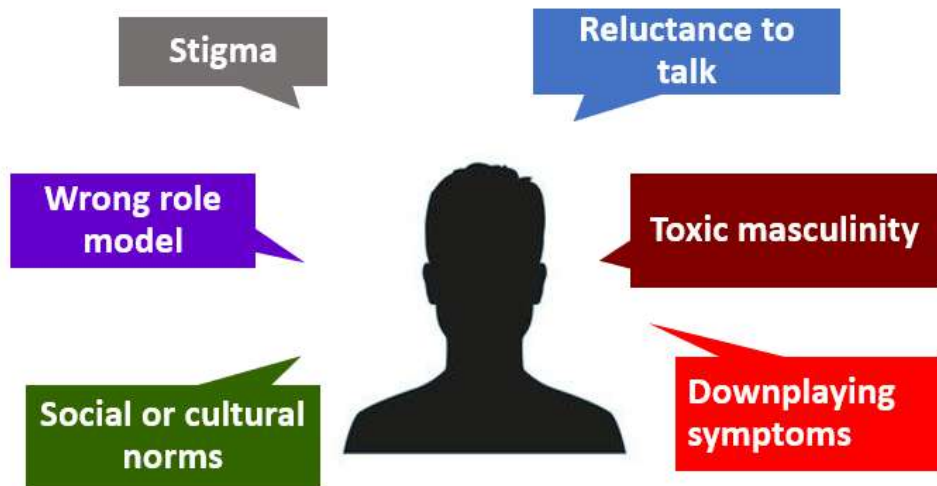
International Men's Day, 19 Nov 2021

# DID YOU KNOW?

## Men & Mental Health

- Men are less likely to report that they are struggling compared to women.
- Men are more likely to die by suicide than women

What's stopping men from getting help?



## WHAT NEEDS TO CHANGE?

- Bring vulnerability, as a core principle of emotional strength, into the framework of masculinity
- Stigma fades when men and boys see resilience and mental health self-care modelled by their fathers, brothers, teachers, faith leaders, and friends
- Realise that reaching out for help is not a weakness, but a sign of strength

# Know the Facts

Myth

"Mental health problems are not that common"

**FACT**

**1 in 7 people in Singapore has experienced a mental disorder in their lifetime.**

Myth

"People with mental health conditions can snap out of it"

**FACT**

**People with mental health conditions aren't lazy. They are ill.**

Myth

"Men with mental health problems are weak"

**FACT**

**Men who speak up and seek help are strong. They are taking responsibility for their own health and wellbeing**

Myth

Mental Illnesses Cannot be Cured

**FACT**

**Recovery may be a long journey, it is possible for patients to eventually put it behind them. Many continue working and contributing to the community after they have recovered, and can even use their experience to support patients and families going through a similar journey.**

Myth

People who have a mental illness are violent"

**FACT**

- **Someone with a mental health condition is more likely to harm themselves than another person.**
- **People with mental illness are no more likely to be dangerous or violent than anyone else.**

# Warning Symptoms



For men dealing with mental health issues is that their symptoms tend to present differently than those of women.

Men who are struggling in silence are often overlooked or even praised for their "work hard, play hard" mentality because some symptoms are culturally associated with "normal" masculine traits and can be seen as positive,



## Typical Symptoms

- Fatigue or decreased energy
- Difficulty thinking, concentrating, or making decisions
- Insomnia
- Changes in weight from decreased or increased appetite
- Feelings of worthlessness or guilt
- Loss of interest in activities

## Symptoms may be different for men

- Increased irritability
- Working too much
- Risk taking - fights, self-harm, risky sexual activity
- Increased substance abuse through drugs or alcohol
- Physical symptoms, such as headaches and stomach issues
- Feeling emotionally numb



## Ways to cope:

- **Reach out** to your medical professional for support
- **Exercise regularly.**
- **Seek extracurricular activities/hobbies but don't overcommit.**
- **Build a strong daily routine.**

**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




“  
 FOR THE LONGEST TIME, I THOUGHT ASKING FOR HELP WAS A SIGN OF WEAKNESS BECAUSE THAT'S KIND OF WHAT SOCIETY TEACHES US. WELL, YOU KNOW WHAT? IF SOMEONE WANTS TO CALL ME WEAK FOR ASKING FOR HELP, THAT'S THEIR PROBLEM. BECAUSE I'M SAVING MY OWN LIFE.

**MICHAEL PHELPS**  
 Swimming legend, 23-time Olympic gold medalist  
 Suffers from depression and was suicidal three years ago



USA TODAY




"My dot-com failed and I was left in limbo with big life decisions. I went through a period of acute anxiety. I shut down my start-up, and was trying to figure what to do with my life,"

"The best is to recognise that this is a medical condition, just like other physical ailments, and seek appropriate help."


**Piyush Gupta**

<https://www.straitstimes.com/opinion/when-the-boss-says-its-okay-not-to-be-okay>



**"I FOUND THAT WITH DEPRESSION, ONE OF THE MOST IMPORTANT THINGS YOU CAN REALISE IS THAT YOU ARE NOT ALONE."**

Dwayne Johnson



"It is okay to have depression, it is okay to have anxiety and it is okay to have an adjustment disorder. We need to improve the conversation. We all have mental health in the same way we all have physical health."

**Prince Harry**



"If you have a broken leg, if you have kidney failure, all the love in the world is not going to cure it. Just like any other illness, mental illness requires professional help. There is no quick fix."

**Adrian Pang**

**WE DO NOT HIDE CANCER, DIABETES OR OTHER ILLNESSES.  
 WE SHOULD NOT HIDE MENTAL ILLNESS.**