



Men and Mental Health

Men are less likely to have received mental health treatment than women in the past year. Recognizing the signs that you or someone you love may have a mental disorder is the first step toward getting treatment. The earlier that treatment begins, the more effective it can be. Therapy, medication and community intervention can help. Creating a culture that encourages men to prioritize their mental health not only improves their individual outcomes but also fosters stronger relationships and communities.

Certain symptoms may also be more common in men than in women, and the course of illness can be significantly affected by a person's sex and gender-related experiences. Researchers are only now beginning to tease apart the complex interplay of biological, psychological, and social factors that may impact mental health.

Why is men's mental health important?

The prevalence of several mental disorders is lower in men than in women. However, other disorders are diagnosed at comparable rates for men and women or at higher rates for men, like attention-deficit/hyperactivity disorder (ADHD). Men are also four times more likely to die by suicide than women, according to the Centers for Disease Control and Prevention, but are diagnosed with depression and mood disorders at far lower rates. This disparity has led experts to suggest that mental health issues in men may often go undiagnosed or be expressed through different symptoms, such as irritability or substance use, rather than sadness.

What are symptoms of mental disorders in men? Men and women can develop most of the same mental disorders and conditions, but they may experience different symptoms. Some common symptoms include:

- Anger, irritability or aggressiveness
- Noticeable changes in mood, energy level or appetite
- Difficulty sleeping or sleeping too much
- Increased worry or feeling stressed
- Misuse of alcohol, drugs or both
- Persistent sadness or feelings of hopelessness
- Engaging in high-risk activities
- Aches, headaches, or digestive problems without a clear cause
- Obsessive thinking or compulsive behavior
- Engaging in thinking or behavior that is concerning to others
- Thoughts or behaviors that interfere with work, family, or social life
- Thoughts of death or suicide or suicide attempts

Prioritizing men's mental health through awareness, early intervention, and accessible support is essential for reducing stigma, improving outcomes, and saving lives.

BHS provides referrals to qualified mental health professionals that can help. Call BHS at 800-245-1150 to speak to your designated Care Coordinator about your benefits and options for support.



BEHAVIORAL HEALTH SYSTEMS