

# What every man needs to know about mental health

## Aetna Resources for Living<sup>SM</sup>



Let's get the conversation started to improve mental health and well-being for men.

More than **six million** men in the U.S. experience depression each year and over three million suffer from anxiety.<sup>1</sup>



Did you know that the symptoms of depression and anxiety can be different for men?

Men often hide their emotions and may seem angry, irritable or aggressive while women express sadness or anxiety.<sup>1</sup>

Men are more likely to see a doctor for physical symptoms than mental distress. Depression and anxiety can cause physiological symptoms like a racing heart, digestive issues or headaches.<sup>1</sup>

Self-medicating with alcohol and other substances is a common symptom of depression among men.<sup>1</sup>

Men also have a higher risk of suicide. Recent data shows 79 percent of suicides are by males.<sup>2</sup>

### Ways we can begin to improve mental health and wellness for men

#### Stigma is the main reason men do not reach out for help.

Stigma can fade when resilience and mental health self-care are modeled by other men and supported by others in their community.

Reaching out to a licensed counselor can help transform high risk mental health needs for men.

Check in on the men in your life who may be struggling. There is a helpful acronym developed by **RUOK?** called **ALEC** to help us remember how we can reach out to the men in our lives.

**Ask. Listen. Encourage Action. Check In.**<sup>3</sup>

### Resources For Living is here to help.

If you're dealing with a more severe form of stress or need support, we're here to help. We offer in-the-moment support with licensed counselors and can direct you to local providers in your area.

We also offer online tools, podcasts, videos and resources that can help you each step of the way.

There are ways to better mental health and well-being.



We're here for you 24/7. Give us a call or visit us online for resources and support.

**1-888-866-4827, TTY 711**  
**resourcesforliving.com**  
**Username:**  
**jacksonschooldistrict**  
**Password: eap**

<sup>1</sup>Cohut, Maria, Ph.D., [Men's mental health: 'Man up' is not the answer](#). Medical News Today. Accessed September 2023.

<sup>2</sup>[Suicide data and statistics](#). Available at: [cdc.gov](#). Accessed September 2023.

<sup>3</sup>[November](#). Men's Mental Health. Accessed September 2023.

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