

MEN'S MENTAL HEALTH

A SILENT CRISIS



THE FACTS



75% of suicide victims are men



20% of men develop alcohol dependency in their lives



6 million men are affected by depression annually

Yet men are far less likely to seek treatment for a mental health issue than women.

WHAT EMPLOYERS CAN DO TO HELP

1 Promote open conversations
Train managers to show willingness to talk about sensitive issues and guide employees to the care they need.

2 Create connections
Plan company-sponsored social activities. Connecting with others promotes mental well-being.

3 Silence the stigma
One way to influence more men to seek help is to convince them that the things they need help with are "normal."

4 Set a good example
It's easier to encourage healthy behaviors if senior management and others are actually demonstrating them.

BENEFITS OF HEALTHY MEN



IMPROVED
PRODUCTIVITY



FEWER
ACCIDENTS



REDUCED
SICK PAY



HIGHER
ENGAGEMENT

New Directions can help you take action and better support men's mental health.

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Sources: American Foundation for Suicide Prevention; SAMHSA; Mental Health America