PSYCHOLOGY Perspective

HELP-SEEKING TAKES COURAGE; IT ISN'T GIVING UP; IT'S REFUSING TO GIVE UP

Poor mental health is becoming more common, especially among men compared with women. It looks like a quiet crisis in men's health (Ricciardelli, Australian Psychological Society).

WHAT WE DO KNOW

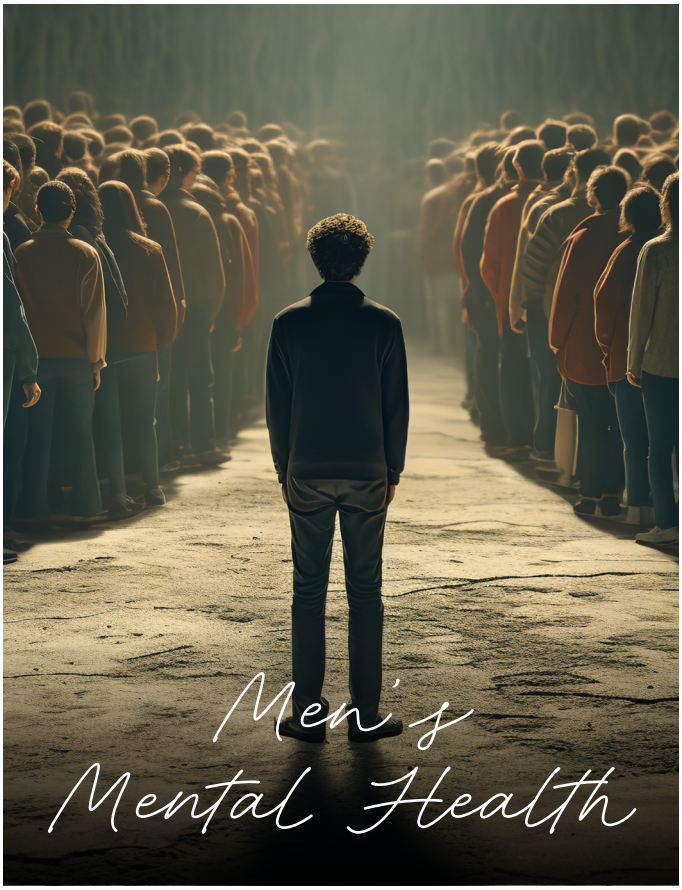
Understanding why men often don't seek support for mental health struggles is crucial to creating change. Several factors are at play. Men might hesitate to admit they have a problem because they worry they then seem less masculine.

Upbringing plays a significant role—boys are often told to be strong and tough, not to cry or be 'a wuss'. These messages can lead to denying or suppressing emotions, and men may build up an emotional armour that prevents them from seeking help. They might see their mental struggles as a weakness and prefer to 'tough it out.' If that's how you think, asking for help doesn't come naturally.

Stigma is another critical factor. Despite progress in raising awareness about mental health, stigma still exists. Men may fear losing the respect of others or facing discrimination, which can impact their jobs, careers, and roles in their families and communities in ways that are uncomfortable to manage.

Also, relationship and family breakdowns, substance use and alcohol abuse, financial stress, and traumatic life events are the other issues arising from poor mental health that can compound mental health.

Accepting that you have a mental health problem is a crucial first step that can lead to positive change. Help-seeking takes courage; it isn't giving up; it's refusing to give up. Reach out; we can walk alongside you to find a healthier way of being the best version of yourself.



SOME FACTS THAT MATTER

- Mental health issues are increasingly evident in men of all ages, particularly among adolescents and young adults.
- On average, 1 in 8 men will experience depression, and 1 in 5 men will experience anxiety at some point in their lives (ABS 2008).
- Men are less likely to seek help, with only 27% getting professional support compared to 40% of women. Many men, especially those under 25, tend to turn to drugs or alcohol when dealing with mental health difficulties (ABC Health and Wellbeing).

Psychology Perspective PTY LTD ABN: 38 149 482 43 Barralong Rd, Erina NSW 2250

(02) 4365 0520 (02) 4365 0465 info@psychologyperspective.com. psychologyperspective.com.au