



Men and Mental Health



Meet your **facilitators**



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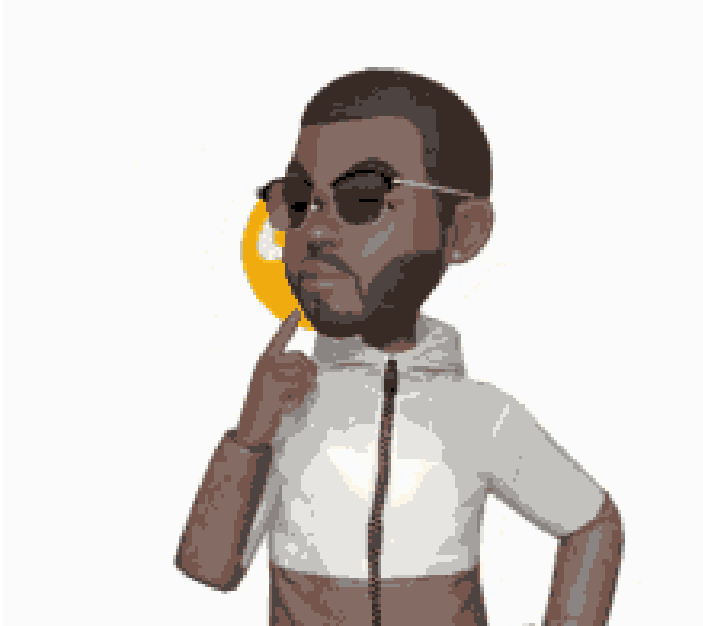


Moeketsi Lesaoana



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Being a man – what does this even mean?



Being a man is a broad and complex term that can be interpreted in different ways. From a biological perspective, a man is an adult male human being with male reproductive organs. However, from a social and cultural perspective, being a man can mean different things to different people and cultures.

What is your definition of being a man?

Mental health in **women** VS mental health in **men**



Help seeking behaviours:

Women are more likely than men to report needing mental health services. Men may feel ashamed or embarrassed to seek help for their mental health issues, and they may worry about being judged or labeled as weak



Difference in presentation of mental health issues/disorders:

Studies have shown that women tend to have higher rates of internalizing disorders, such as depression and anxiety, while men experience more externalizing symptoms, such as substance abuse and antisocial behavior

Men and Mental Health



Key Facts about men and mental health in SA

Men are less likely to seek mental health treatment than women.

Men are four times more likely to die by suicide compared to women in South Africa.

The risk factors for mental health illness in men in South Africa include alcohol and substance use, unsafe sexual practice, diet, lack of physical exercises, and violence.

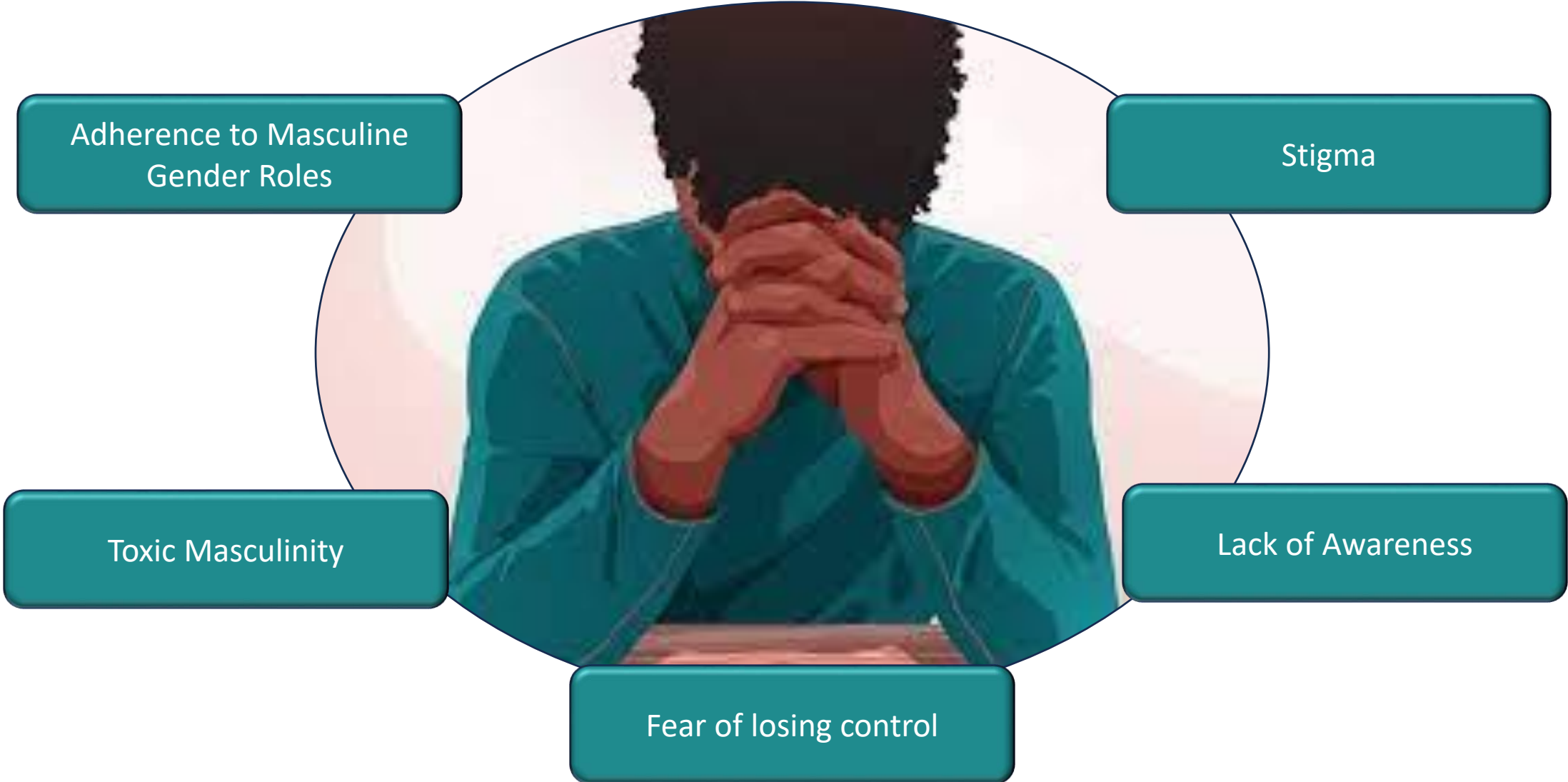
Men in South-Africa are socialized to believe that being vulnerable is a weakness, and this attitude of men portrayed as being brave and fearless leads to men considering themselves in a negative light if they suffer from mental health conditions

Society's expectations and traditional gender roles play a role in why men are less likely to discuss or seek help for their mental health problems.

Men often face stigma when it comes to mental health issues, and they may feel ashamed or embarrassed to seek help.

Depression often presents different symptoms in men than it does in women. Instead of sadness, men often experience irritability, difficulty sleeping, fatigue, and loss of interest in typical activities.

Society's expectations and traditional gender roles play a significant role in why men are less likely to discuss or seek help for their mental health problems



Raising the boy child



Let us change the narrative by:

Encouraging Emotional Expression

Challenging Harmful Stereotypes

Modeling Positive Behavior

Men and mental health in the workplace



Mental health is a significant issue for men in the workplace

Job Stress:

Prolonged or excessive job stress is a risk factor for mental health problems, and accounts for 13% of depression in working men. Fast-paced industries or high work volumes in combination with low resources (time, budget, autonomy, flexibility, support) are common reasons for poor mental health in both genders

Generational Differences:

There is still a certain amount of discomfort around the concept of mental health struggles and related dialogue in the business world. This can make it difficult for men to talk about their feelings and seek help for mental health issues



Supporting men in the workplace:



- Encouraging male leaders to be role models and talk about their own experiences with mental health
- Providing mental health resources and support, such as confidential self-screening and access to mental health professionals
- Building a climate where it is psychologically safe to show vulnerability
- Offering flexible work arrangements and promoting work-life balance
- Educating employees about mental health and reducing the stigma surrounding mental health issues

How men can take care of their mental health



Practice Self-care	Men can take care of their mental health by practicing self-care, such as getting enough sleep, eating a healthy diet, and exercising regularly
Seek help when needed	Men should seek help when they need it, whether it's from a mental health professional, a support group, or a trusted friend or family member
Reduce Stigma	Men can help reduce the stigma surrounding mental health by talking openly about their own experiences and encouraging others to seek help when needed
Build a support network	Men can build a support network of friends, family, and colleagues who they can turn to for help and support when needed
Manage Stress	Men can manage stress by practicing relaxation techniques, such as deep breathing, meditation, or yoga
Take Breaks	Men can take breaks from work or other stressors to recharge and take care of their mental health
Educate themselves	Men can educate themselves about mental health and the resources available to them, so they can recognize when they need help and know where to turn for support

HOW TO SUPPORT MEN WITH THEIR MENTAL HEALTH

@defying_mental_illness_

Normalize conversation by sharing your experience

Encourage them when they share

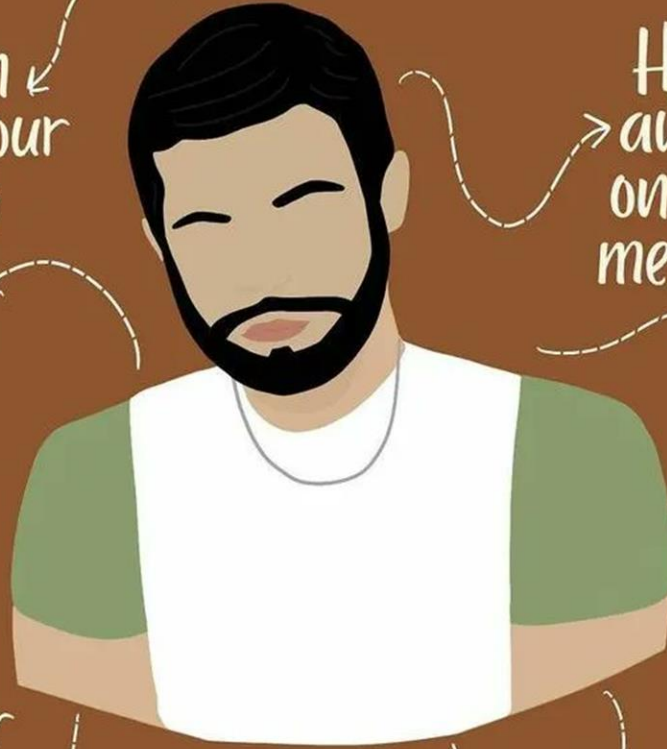
Provide a safe place for them to share

Recognise any change in behaviour or attitude

Help raise awareness on men and mental health

Even if they refuse, ask them twice

Acknowledging if they are in a difficult situation



Common myths about therapy

Wangechi_the_therapist

People who seek therapy are weak

All therapists are the same

Therapy is only for those struggling with their mental health



Therapy is the same as talking to a friend or relative

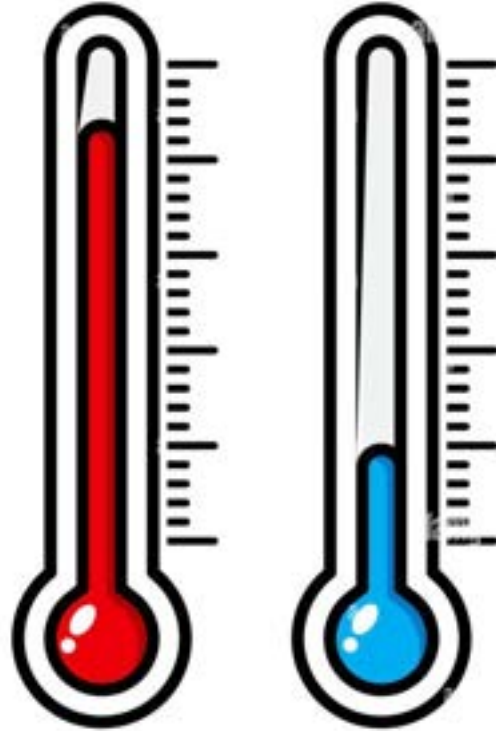
Therapists have all the answers and solutions to each problem

A therapist is like a "friend" who gives you advice and tells you what to do



Mindful Minute

Let's take inventory for a moment



Let's support
Mental Health...

Reach out to
a buddy!



Thank You!



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