

Men's Mental Health Month

Statistics

- **1 in 10 men experience some form of anxiety or depression.**
- **Men are around 4x more likely to die by suicide than women.**
- **Men are around 2x more likely to binge drink than women.**
- **Men are 90% of the people diagnosed with schizophrenia by age 30.**
- **Around 1 in 5 men develop a alcohol dependency.**
- **Men are much more unlikely to seek help for their mental health than women are.**

Mental Health Resources

- **Heads Up Guys- <https://headsupguys.org/>**
- **Man Therapy- <https://mantherapy.org/>**
- **Movember- <https://us.movember.com/mens-health/mental-health>**
- **SAMHSA's Helpline- 1-800-662-HELP (4357)**
- **Men's Resource Center- <https://menscenter.org/>**