

Men's Mental Health



FOCUS ON MEN

In Canada, rates of mental illness are comparable between men and women, however, men are less likely to recognize, talk about and seek treatment for their illness.

Talking about mental health is not something that tends to come up in a social environment much less the workplace. Men face the added stigma that seeking help for mental health is a sign of weakness.



Stigma around mental illness is the biggest barrier preventing people from seeking help, forcing many to suffer alone in silence.

Source: Mental Health Commission of Canada and Alberta Blue Cross



STATISTICS

Men's mental health in Canada

- Males make up more than three quarters of suicides in Canada.
- Men are around three times more likely to experience addiction and substance abuse compared to women.
- Research indicates that workers in the oil and gas industry suffer from a higher degree of anxiety and depression than the general population.
- A recent [Angus Reid](#) survey indicated high rates of loneliness in working-age men. Specifically, 63% of Canadian men aged 18-34 years experienced considerable loneliness and isolation, compared to 53% of similarly aged women.
- Studies also show that men under-utilize mental health services, with women being almost three times more likely to seek professional help through these services compared to men.

Men's mental health resources

Early intervention provides the best outcome of mental wellness. Review the following external resources:

[Tough Enough to Talk About It](#)

[Spot the signs](#)

[Anxiety Canada](#)

[Buddy Up](#)

[Mindbeacon](#)

Men's Mental Health | What We Can Do

Discussing mental health can make a difference. Reach out using **ALEC**:

- Ask someone if they are doing OK
- Listen without judgement
- Encourage them to act and reach out to a professional
- Check-in and follow-up with them

Raise mental health awareness

Join the [Oil Rig Rumble](#), an industry-wide effort to raise awareness of important men's physical and mental health initiatives. This challenge unites mustaches from across the industry with your own leaderboard, community page and championship trophy. It is a fun and interesting way for workplace teams to support and challenge each other, network, and create awareness.



Source: [Movember](#)



HEALTH FACTS

70% of overall health is controllable through lifestyle



Get enough sleep

Men who sleep 7-8 hours a night have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.



Nutrition

Good nutrition has been proven in research to have a direct correlation with the improvement of mental health. Ensure 5-7 servings of fruit and vegetables daily.



Activity

Inactive men are 60% more likely to suffer from depression than those who are active. Walking the equivalent of 5 city blocks daily will lower risk by 25%.

Source: [Canadian Mental Health Association](#)