

Man up(?)": Masculinity and Mental Health

Geni Harms, LCSW & Mandy Greene, LPC

35% of males believe they've had a diagnosable mental health condition at some point during their life. But one study found that 40% of men never spoke to anyone about their mental health, and about 1/3 of them simply felt too embarrassed to talk about it.

Complex Factors, Stigma, and Masculine Norms

When Comparing Men's and Women's Mental Health

Mental Health Symptoms or Masculine Norms?

- Anger and Aggressiveness
- Irritability and Frustration
- Substance Misuse
- Engagement in High-Risk Activities

Mental Health Impacts Job Performance, Family Live, Individual Well-Being

Lifestyle Changes

- Using Relaxation Techniques
- Doing Breathing Exercises
- Mindfulness Meditation
- Exercising Regularly
- Eating a Nutritious Diet
- Getting Enough Sleep
- Finding Meaning in Life
- Spending Time With Family and Friends
- Journaling

Approaches to Service Provision

- Promote Culture and Inclusivity
- Acknowledge Potential Discomfort
- Utilize Evidence-Based Treatment Modalities
- Tele-therapy Options and Other Alternatives
- Incorporate Outdoors, Animals, etc.
- Work to Redefine Manhood



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