



EFR EMPLOYEE & FAMILY RESOURCES

Men and Mental Health



June is Men's Health Month and we are addressing the too often forgotten about and stigmatized issues surrounding men's mental health. In the U.S. there are 6 million men affected by depression alone each year. When surveys account for gender differences, men and women make up nearly the same percentage of individuals who report struggling with anxiety and depression. However these numbers just don't add up in other areas.

THE NUMBERS

Men die from alcohol related causes at a rate that is more than double that of women. Men are also 2 to 3 times more likely to misuse drugs of any type in comparison to women. Most alarming, men are 3.4 times more likely to die by suicide than women. These devastating statistics can be explained in part by the fact that though nearly 1 in 10 men report struggling with depression or anxiety, only half of them receive treatment.

BARRIERS TO TREATMENT

Stigma and the fear of being stigmatized prevents many men from seeking mental health treatment.

Masculinity is traditionally defined as appearing strong and any illness, physical or mental, is often seen as weakness. Even though these standards are constantly changing and being challenged, some of the effects still persist, creating an environment where many men feel that they can't seek help or discuss their mental well-being with others.

KNOW THE SIGNS

Knowing the warning signs is imperative to getting the help you need or encouraging a loved one to seek treatment. There are many different types of mental illness and ranges of severity so symptoms can look different to everyone. However, here are some common signs:

- Anger, irritability, and aggressiveness
- Noticeable changes in mood, energy, or appetite
- Difficulty sleeping and concentrating
- Misusing drugs or alcohol or engaging high-risk activities
- Persistent sadness, hopelessness, or lack of ability to experience positive emotion

If you or anyone else are experiencing these symptoms reach out. Call your EAP! EFR has counselors available by phone 24/7 at **800.327.4692** to help you. Find out more about Men's mental health [here](#).





WELLNESS

Joyful June

This June, focus on the joy in your life and the joy found in the world. Like kindness, joy can spread quickly, and is best when shared with others. Challenge yourself to a Joyful June with weekly challenges.

Click [here](#) to download the June Monthly Motivator

Join EFR's June Webinars!



June 10 at 10 AM CDT

Back to the Workplace: Managing the "New Normal" with Skill & Grace



June 24 at 2 PM CDT

Peaceful Mind in the Midst of Uncertainty

Register here <https://www.efr.org/covid-19-webinars/>



EMOTION WELL
PODCAST

Emotion Well Podcast Episode 5!

In the newest episode of Emotion Well we talk with Kevin Peterson, who is the owner of Peterson Holistic Services, located in Urbandale, Iowa, and the founder of Permanent Weight Loss Solutions. He speaks from his wealth of knowledge and experience when it comes to making lifestyle related changes, and he so generously shared his secrets to sustainable success with Emotion Well! Listen to the Emotion Well Podcast [here](#) or find our podcast in Apple Podcasts, Google Podcasts, and Spotify!

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