

PUTTING THE 'MEN' INTO MENTAL HEALTH



Many years ago, there was a young man who put his whole heart into everything he did. He loved people and he loved good food. After school, he followed his passion and graduated from the Culinary Institute of America, working his way through many professional kitchens. His popularity grew. Soon he became a TV celebrity, with his audiences delighting in his travels and his discovery of interesting cultural foods.

In 2018, beloved Anthony Bourdain died of suicide while on location in France, filming his popular television show Parts Unknown. Why did he do it?

Bourdain was the first to admit that he had had a charmed childhood, with good parents and enough money to follow his dreams. Yet he openly spoke about his addiction to drugs and his dedication to living life to the full. Why, then, did he end it all so tragically?

Statistics from the World Health Organization (WHO) indicate that:

- Suicide is still a leading cause of death worldwide
- More than twice as many men die from suicide than women

Why do men struggle with mental health?

- **Traditional male gender roles don't encourage emotional expression:** We've all heard it: boys don't cry. This will need to change if we're to encourage men to be expressive about their feelings.
- **There's a stigma around men and mental health:** Men often feel embarrassed to speak out about their feelings.



- **Men avoid doctors:** They're less likely to be diagnosed with depression, because they keep their emotions bottled up, instead of being frank and honest with family, friends and professionals.
- **Men often don't ask for help:** While some do, many would rather deny their mental-health insecurities. It may even be seen as a weakness to open up to someone who could help them with their emotional struggles.
- **Men have pressure to perform:** Whether they're a celebrity or the average man, there is pressure to perform and to be a provider. With gender roles balancing out, women working and earning like men, this may put traditional men under even more pressure to perform and to provide.

If you need help, or are worried about a friend or loved one who is struggling to cope, here are some important contact details:

Global

<https://faq.whatsapp.com/general/security-and-privacy/global-suicide-hotline-resources/?lang=fi>



If you or your loved one needs support during this time, reach out to your ICAS EAP via your toll-free number to seek counselling support.

Visit us online

www.icaslifestyle.com

Username:

Password:

Toll-free:

Out of Country: