



Raising awareness of men's mental health

Seeking help is a sign of **strength**.
Be **the voice** of change for other men.
Start **talking** about your mental health today.

Attention around men's health—particularly mental health—is gaining momentum in Canada. While men and women both live with mental health problems and illnesses, their experiences can be very different.

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

Did you know...

- **New fathers are susceptible to paternal postpartum depression.** While up to **10% of men experienced symptoms** within six months of their child's birth, men are not often screened for postpartum depression.
- Diagnostic methods for depression tend to assess symptoms more commonly presented by women—such as sadness and crying—**and ignore symptoms of depression that are common among men—including physical pain, anger or irritability.**
- In Canada, **80% of people who die by suicide are men.**
- The mental health of adolescent boys and young men **needs more attention and resources** because intervening early is the best predictor of a healthier adulthood.

Learn more:

- menshealthfoundation.ca
- cmha.ca/documents/men-and-mental-illness
- www.headsupguys.org
- movember.com/mens-health/mental-health
- mensdencanada.wordpress.com

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