

Let's Start Conversations About Men's Health

A movement taking place every year in November to shine the spotlight on men's health, Movember is marked by men growing a moustache to raise awareness around issues such as prostate cancer, testicular cancer and suicide.

Prostate cancer is the second most common cancer among men. Testicular cancer affects around one in 250 males.

But, did you know, despite the fact that women have higher rates of depression than men, and there are more attempts at suicide by women than men, men are three to four times more likely to die by suicide than women? They're more likely to carry out a suicide attempt successfully, and they usually employ more violent means.

A silent crisis

"Men seek help for mental health less often," US psychologist Jill Harkavy-Friedman, PhD, says. "It's not that men don't have the same issues as women – but they're a little less likely to know they have whatever stresses or mental health conditions that are putting them at greater risk for suicide."

Men are also less likely to talk about their issues than women, for two primary reasons: first, men don't usually have the same kind of close friendships that women tend to, and therefore don't always have someone they feel comfortable speaking with about issues they may be experiencing; and second, men have been raised to believe they shouldn't show emotions or talk about their problems.

It's not surprising, therefore, that they struggle with issues such as depression, loneliness and emotional turmoil.



When does this turn into suicidal intent?

While many individuals think about suicide at some point in their life, not everyone comes to realise that the crisis they find themselves in is temporary. Some are plagued by thoughts such as:

- I can't see a way out of this
- What point is there in continuing to live with this pain?
- Nobody cares enough to help me
- I'm not strong enough
- It's too hard to sleep, eat, work or socialise

If an individual is experiencing a major disappointment, a recent loss, a change in circumstances, financial difficulties, traumatic events or mental/physical disorders, they may be more likely to consider suicide.

What you can do to help:

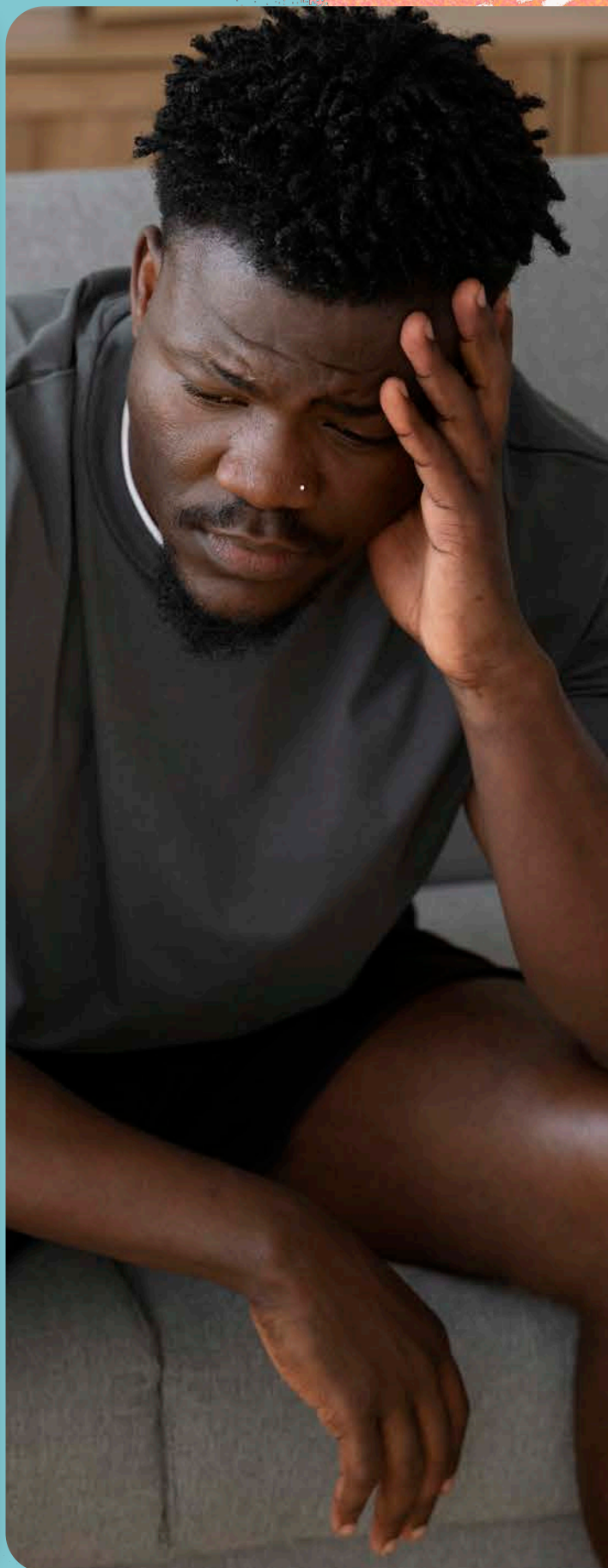
- Show you care and offer support. It takes a lot for someone to admit to having suicidal thoughts. Don't convey shock, which can add distance and break trust.
- Adopt a straightforward attitude to suicide. Speak directly and openly; don't sugarcoat it.
- Seek support from their other friends, family or someone you trust. Don't try to handle this on your own.
- Take action to remove dangerous elements (knives, guns or pills).
- Help them to seek professional assistance.

What needs to change?

By raising awareness around men's health, Movember encourages us to talk about men's health more openly, more honestly and more regularly, and urges men to seek solutions to their health issues:

- To undergo regular checkups
- To screen for cancer
- To have regular mental health check-ins

We need to start these conversations. Talk about men who've been diagnosed and found help. Talk about institutions that can provide solutions. Show your support, and let men know they matter.



Toll-free:

Request a call back: *134*905#

Get in touch online: <http://app.lyrawellbeing.health/>

Your company code:

lyra wellbeing
Formerly ICAS