

# Men's Mental Health



There is often a strong focus on men's physical health — fitness, annual checkups, and heart health — but mental well-being is equally as important because mental health is health!

Just as the body needs care and attention, so does emotional and mental well-being. Yet, there is a silent crisis in men's mental health — one that too often goes unnoticed or unspoken. Men are nearly four times more likely to die by suicide than women\*, underscoring the urgent need to break this silence and seek support.

**In 2024, among U.S. men\* age 18 and older:**

**20%** experienced a mental illness

**4.7%** experienced a serious mental illness

**5.5%** had serious thoughts of suicide in the past year

**21.3%** experienced with a substance use disorder

**42.1%** with a mental illness received treatment in the past year

\*Data from SAMHSA and CDC, and reflects individuals assigned male sex at birth.

These numbers serve as a powerful reminder: no one struggling with mental health is alone. Talking about mental health is not a sign of weakness.

Small steps to care for mental health can lead to significant change. Let's build a culture where men feel safe speaking up and reaching out. As a community, we can break the stigma, support one another, and ensure no one struggles in silence.

## How Can You Help?



### Start a conversation

A simple conversation can spark transformation. Whether a father, brother, uncle, friend, or colleague, check in with the men in your life.



### Share resources

Help normalize seeking help by sharing information about mental health support services, hotlines, and local organizations. Let others know support is available — and that it works.



### Create safe spaces

Encourage environments — at home, work, school, the barbershop, gym, church, or in the community — where men feel comfortable opening up without judgment. Sometimes, just knowing it's OK to talk makes all the difference.

Visit [NAMI.org/mensmentalhealth](https://www.nami.org/mensmentalhealth) to learn how you or someone you know can recognize the signs, find support, and take the first steps toward mental wellness.

