



## Debunking Common Myths about Men's Mental Health

Despite the prevalence of mental health issues affecting people of all genders, there are still several prevalent myths and misconceptions surrounding men's mental health.

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### Men don't experience mental health issues as much as women do

Contrary to popular belief, men are just as likely to suffer from mental health problems as women. According to a recent study published by the Mental Health Foundation in 2021, approximately 12.5% of men in the UK are affected by common mental health disorders, such as anxiety, depression, or OCD.



#### Actionable tip:

Men who experience mental health issues should seek help from a mental health professional or talk to a GP. There are also various online resources, including the Mental Health Foundation, Mind, and Samaritans, which provide information and support for men's mental health.

2



### Men should tough it out and not show vulnerability

Another misconception surrounding men's mental health is that men should be strong and not show vulnerability. This myth can be harmful as it can prevent men from seeking help and support when they need it. Men are often socialised to believe that showing emotions is a sign of weakness, which can make it difficult for them to open up about their mental health issues.



#### Actionable tip:

It's important to remember that it's okay to show vulnerability and ask for help. Men can talk to a trusted friend, family member, or mental health professional about what they're going through. Joining a men's support group can also be a helpful way to connect with others who are experiencing similar challenges.

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## Men should solve their problems on their own

Another common myth about men's mental health is that they should be able to solve their problems on their own. This myth is particularly prevalent in the workplace, where men may feel pressure to be self-reliant and not ask for help.



### Actionable tip:

Seeking help is a sign of strength, not weakness. If men are struggling with work-related stress or other mental health issues, they can talk to their manager or HR department. Many companies offer Employee Assistance Programmes (EAPs), like Validium and HealthHero, that provide confidential counselling and support for employees.

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## Men don't suffer from eating disorders

Eating disorders are commonly associated with women, but they can also affect men. Recent research from the Journal of Eating Disorders, published in 2020, suggests that up to 25% of people with eating disorders are male.



### Actionable tip:

Men who are struggling with an eating disorder can talk to their GP or a mental health professional about their concerns. Resources such as Beat provide information and support for people with eating disorders.

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## Men don't experience postnatal depression

Postnatal depression is often thought of as a condition affecting new mothers, but it can also affect new fathers. A study published by BMC Psychiatry in 2020 suggested that up to 10% of new fathers experience postnatal depression.



### Actionable tip:

New fathers experiencing postnatal depression can talk to their partner or a mental health professional about their concerns. Fathers Reaching Out is a resource that provides information and support for new fathers.

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## Men don't experience body image issues

Body image issues are often associated with women, but they can also affect men. Recent research from the Mental Health Foundation suggests that up to 25% of men experience body image concerns, such as feeling self-conscious about their weight, height, or muscle mass.



### Actionable tip:

Men who are struggling with body image issues can talk to a mental health professional or join a support group. Organisations such as Body Dysmorphic Disorder Foundation and Men's Health Forum provide information and support for men's body image issues.



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## Men don't experience relationship problems

Relationship problems can affect anyone, including men. However, men may be less likely to seek help for relationship issues due to the stigma surrounding seeking therapy or counselling.



### Actionable tip:

Men who are struggling with relationship problems can talk to their partner or a mental health professional. Many EAPs, like Validium and HealthHero, provide counselling and support for relationship issues. Men's Advice Line and Relate are resources that provide information and support for men's relationship issues.

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## Men don't experience trauma

Any traumatic experience, such as physical assault, relationship abuse, or medical trauma can equally affect men. However, men may be less likely to seek help for trauma-related issues due to the stigma surrounding mental health.



### Actionable tip:

Men who are experiencing trauma-related issues can talk to a mental health professional or join a support group. Many EAPs provide counselling and support for trauma-related issues. The Samaritans and SurvivorsUK are resources that provide information and support for men's trauma-related issues.



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## Men don't experience work-related stress

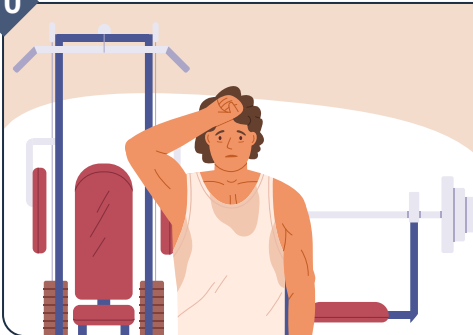
Work-related stress can affect anyone, including men. Men may be particularly susceptible to work-related stress due to social and cultural expectations of being the provider or breadwinner.



### Actionable tip:

Men who are experiencing work-related stress can talk to their manager or HR department. Many companies offer EAPs that provide confidential counselling and support for employees. Mind and the Mental Health Foundation provide information and support for managing work-related stress.

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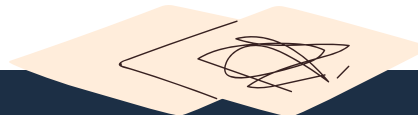
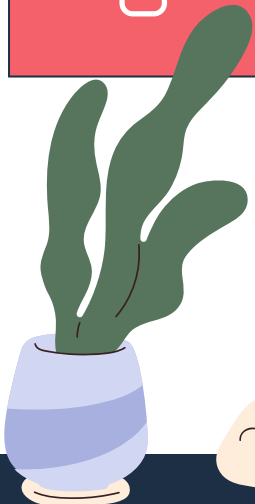
## Men don't need to take care of their mental health if they're physically fit

Physical fitness and mental health are both important components of overall health and wellbeing. However, being physically fit does not guarantee good mental health. Men may feel pressure to prioritise their physical health over their mental health, which can lead to neglecting their mental wellbeing.



### Actionable tip:

Men should prioritize their mental health by incorporating self-care activities into their routine, such as meditation, mindfulness, or spending time in nature. Men can also talk to a mental health professional or join a support group to learn how to manage stress and improve their mental health. The Mental Health Foundation and the Men's Health Forum provide information and resources for men's mental health.



## Getting the right support

Men's mental health is an essential issue that affects millions of men. With the right support, men can manage their mental health issues and live healthy and fulfilling lives. Contact your HealthHero or Validium service today for more advice and support.



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