

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. Tragically, 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 2023, among U.S. men* age 18 and older:

19% experienced a mental illness

4.3% faced a serious mental illness

4.5% had serious thoughts of suicide in the past year

21.4% dealt with a substance use disorder

45.9% with a mental illness received treatment in the past year

*Data from SAMHSA and NIMH, 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. Real strength lies in facing pain, not ignoring it.

Small steps can lead to significant change, changes that we all can lead together. 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.

