

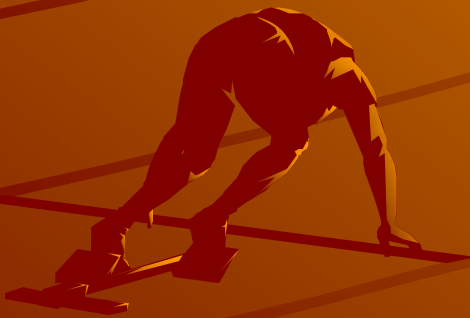
# Men's Mental Health in Massachusetts

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# A Crucial Starting Point

Mental, Physical, Brain,  
Psychological...Whatever you Call  
It...



THE PROBLEMS ARE REAL,  
PAINFUL, AND COSTLY

# Consequences of Undetected and Untreated Mental Illness

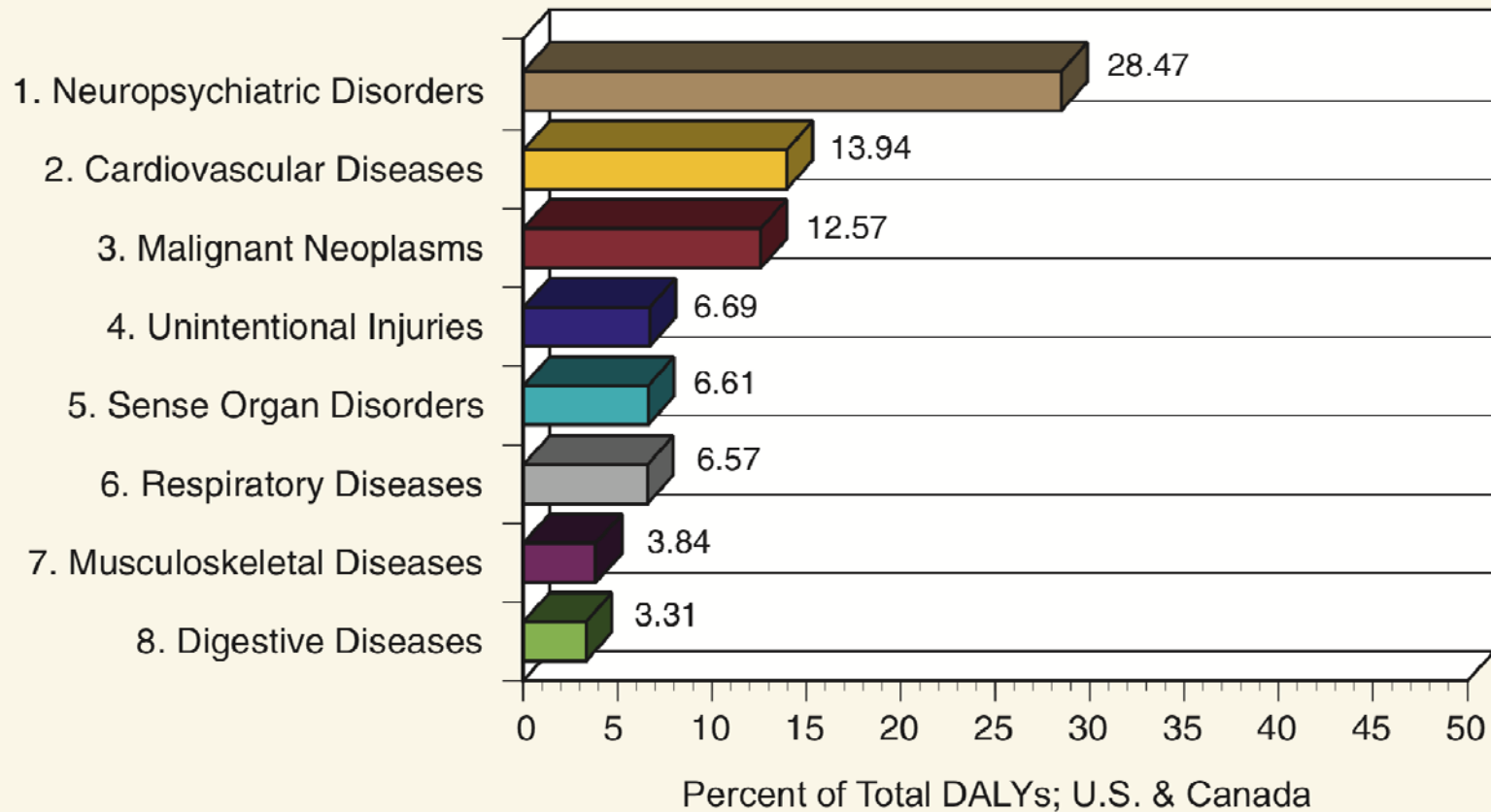
◆ Financial

◆ Social/Familial/Community

◆ Physical



### Burden of Disease: Lead Contributing Disease Categories to DALYs



Data courtesy of WHO

# Some Facts about Men's Mental Health

## ◆ Men...

- Die an average of 7 years younger than women
- Are four times more likely than women to commit suicide
- Are less likely to seek help for virtually \*every\* problem
- Drop out of treatment more quickly
- Ask fewer questions of physicians
- Are \*asked\* fewer questions by physicians

# Some Facts about Men's Mental Health in Massachusetts

Percentage of Population Reporting at Least 14 Mentally Unhealthy Days in a Month:



	Males	Females
Massachusetts	7.9	10.9
United States	8.4	11.4

Source: National Center for Chronic Disease Prevention and Health Promotion

# More Facts about Men's Mental Health in Massachusetts

## Suicide Rates Per 100,000



	Males	Females
Massachusetts	12.9	3.3
United States	18.4	4.8

Source: Centers for Disease Control

Compared to women, men in the U.S.:

↑	Violent Crime
↑	Substance Abuse
↓	Depression and Anxiety
↓	Help-Seeking for Mental and Physical Health Problems

???

4:1 Suicide Ratio



# Mental Health Services in MA

Leadership in Cutting Edge  
Research

Per capita Expenditures at or  
Above National Averages

Broadly Speaking, Many  
Effective Services



# When it comes to Men's Mental Health in MA:

The challenge is not the need for development of new treatments.



The challenge is that men often *do not recognize mental health issues in their own lives, and do not seek help.*

# 2 Steps for Increasing Men's Access to Effective Mental Health Services:

1. Understand Obstacles to Access

What Boys and Men Have Learned:

*Stigma \* Fear*



What does it mean to 'be a man'?







# GEICO Commercial

## Client:

"That's why yellow makes me sad, I think."

## Therapist:

"That's interesting. You know what makes me sad. You Do! Maybe we should chug on over to mamby pamby land and maybe we can find some self confidence for you – you jack wagon!"

Tissue? [throws the box out of reach from the client]  
You cry baby!

# 2 Steps for Increasing Men's Access to Effective Mental Health Services:

## 2. Remove Obstacles to Access

*Educate, Normalize, Destigmatize*





# Challenge the Stigma:

<http://menanddepression.nimh.nih.gov/>

**It Takes Courage  
to Ask for Help**

**These Men Did**

Click on their pictures  
to hear their stories.



## **REAL MEN REAL DEPRESSION**

Learn about:

- ▶ depression in men,
- ▶ the signs and symptoms of depression,
- ▶ the treatments available and
- ▶ getting help for depression.

Also hear [real stories](#) of depression and  
order [publications](#) and other materials.

**Did You Know?**

**Men Struggle Too.**

**It Takes Courage To Talk About It.**

**You're Not Alone.**



14h x



# Conclusions

1. The Costs of Lack of Attention to Men's Mental Health in Massachusetts are *Substantial*.

2. The Costs of Starting a *Statewide Conversation* Are Relatively Small.

3. The Potential Payoffs are *Huge*.

