Mental Health

What should we say and do?
Mental Health and Stigma are Gendered

• Depression is seen as something that women experience. This is due at least in part to stigma.

• Symptoms that we traditionally associate with depression (e.g., sadness, crying) may not be the symptoms that men exhibit. Men experiencing emotional pain may display anger, self-destructive behavior, substance use, gambling, and workaholism.
Mental Health and Stigma are Gendered

- Women are 2x as likely to be diagnosed with depression.
- Men are much more likely to die by suicide; 4 out of 5 suicide deaths are men.
Common Threads

• Feeling alone: Connectedness is important. Traditionally women may meet with friends just to get together, while men may meet with male friends for an activity.
• Concern about being a burden
Definitions

- Suicide
- Suicide Attempt
- Non-suicidal Self-injury
- Ideation
<table>
<thead>
<tr>
<th>Say this</th>
<th>Instead of this</th>
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</thead>
<tbody>
<tr>
<td>Died by Suicide</td>
<td>Committed Suicide</td>
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<tr>
<td>Death by Suicide/Suicide Death</td>
<td>Successful Attempt</td>
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<tr>
<td>Suicide Attempt</td>
<td>Unsuccessful Attempt</td>
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<tr>
<td>Suicide</td>
<td>Completed Suicide</td>
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Trigger Words

- Self-care
- Attention
- Mental Illness
What we typically do?

- Give Advice
- Share our personal story
What should we do?

- Question
- Persuade
- Refer
National Suicide Hotline

800-273-8255