

# 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
- 
- 



# What do we say?

---

## Say this

- Died by Suicide
- Death by Suicide/Suicide Death
- Suicide Attempt
- Suicide



## Instead of this

- Committed Suicide
- Successful Attempt
- Unsuccessful Attempt
- Completed Suicide



# 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