

Men's Mental Health

Depression, uncertainty, displacement and identity crisis for men and boys is at a peak in our society, partly due to the stress of our times. Mental health services for today's men are a key to reducing addictions, depression, domestic violence and fatherlessness.

Many men suffering from the symptoms associated with depression go undiagnosed and untreated. A large body of research conducted by Cochran and Rabinowitz in 2000 demonstrated this lack of recognition of symptoms by both professionals and society at large. Most, if not all, of men's mental health needs are a direct result of depression.

The following tragedies are a direct result of this failure to recognize and treat depression/mental illness in men:

- ◆ 80% of suicide deaths are men.
- ◆ Between ages 10-18, boys are 4-5 times more likely than girls to commit Suicide.
- ◆ Men are increasingly isolated from their families due to work and divorce.
- ◆ 80% of those who have serious drug addictions are men.
- ◆ 80% of the homeless on America's street are men and 35% of those are Vietnam Veterans.
- ◆ Men are as likely to be the victims of domestic violence as are women.

The new crisis in men's identity that has emerged needs to be addressed to reduce the startling health statistic that men die on average six years sooner than women.

Increased attention to mental health services for men can change this picture.

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