

Infographic about men's issues

On masculinity

A utopic standard of masculinity can propel men towards suicide, as a way of regaining control in the face of mental health issues.

Due to men's views on masculinity, they are less likely to disclose their mental health issues to family or friends.

Men are more likely to use harmful coping strategies in response to distress, e.g. drugs or alcohol, due to their views on masculinity.

On mental health issues



12/day **12 male lose their lives per day due to suicide** or one every 2 hours, and the number is increasing.



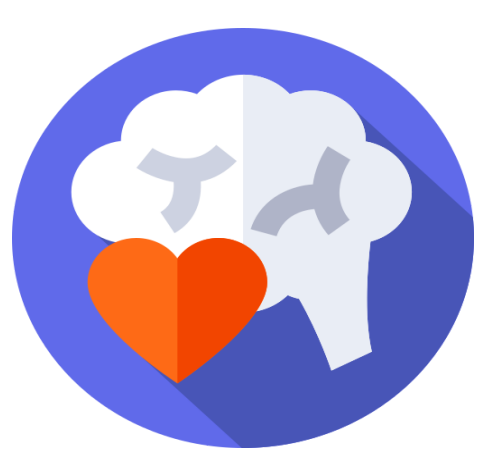
76%

of suicides are committed by men, and **suicide remains the single biggest cause of death** among men under the age of 49.



36%

of referrals to the NHS psychological therapies are men. In England, men are less likely than women to access this type of service.



13%

of men are suffering from a common mental health problem.

Lack of role models at home or at school



21%

of all children have **no father figure** at home (around 2.7m children)



90%

of the **single parents are women**, unchanged over a decade



21%

of single parents are from a **BAME background**, compared to **16%** nationally



75%

of teachers in England are women, and there are more female than male teachers in every ethnic group