MINDTHEORY

Men's Mental Health: Breaking the Silence

Real conversations. Stronger men. Healthier lives.

It's okay to talk. Strength includes vulnerability.



1 Why Men Stay Silent

It's not that men don't feel — it's that many have been conditioned not to express what they feel.



Gender Role Conflict

Social expectations teach men to be:

- Strong and self-reliant
- Emotionally controlled
- Always "okay"
- Focused on providing and solving

This can create pressure to hide vulnerability and avoid asking for help.



Alexithymia

Many men find it difficult to:

- Identify what they are feeling
- Put emotions into words
- Understand the cause of their emotional distress
- Talk about emotions with others

Feelings are real, but they can feel confusing, unclear or hard to express.

2 How Distress Appears

Men often experience and express mental health struggles differently.



Internalizing (Turned Inward)

Struggles that are hidden and less visible to others.

- Persistent sadness or low mood
- Anxiety and constant worry
- Feeling numb or disconnected
- Loss of motivation or interest
- Self-criticism and low self-esteem
- Feeling alone, even around others



Externalizing (Shown Outward)

Distress that shows up through behaviour or action.

- Increased anger or irritability
- Overworking or workaholism
- Risk-taking behaviour
- Substance use (alcohol, etc.)
- Withdrawing from relationships
- Taking unnecessary physical risks

3 3 Practical Actions

Small steps can make a big difference. You don't have to do everything at once.

1 Talk to Someone

Start a real conversation.



- Talk to a trusted friend, family member or mentor
- You don't need to have all the answers
- Sharing your thoughts can reduce stress and help you feel less alone

2 Build Emotional Granularity

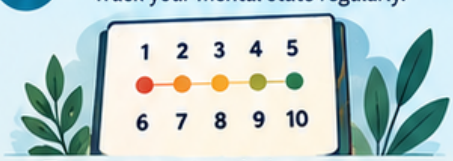
Learn to name what you feel.



- Pause and check in with yourself
- Use simple emotion words (e.g., stressed, frustrated, tired, angry, lonely)
- The more precisely you can label your feelings, the easier they are to understand and manage

3 Use a 1–10 Mental Check-In

Track your mental state regularly.



- Take a moment each day to rate how you're feeling (1 = very low, 10 = very good)
- Notice patterns over time
- If your number stays low for several days, consider reaching out for support

Better mental health starts with openness. Talking is a sign of strength.