

# HOTLINES

**988 Mental Health Emergency Hotline:** Calling 988 will connect you to a crisis counselor regardless of where you are in the United States.

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255); [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Suicide Prevention, Awareness, and Support:** [www.suicide.or](http://www.suicide.or)

**Self-Harm Hotline:** 1-800-DONT CUT (1-800-366-8288)

**Crisis Text Line:** Text REASON to 741741 (free, confidential and 24/7). In English and Spanish

**National Alliance on Mental Illness (NAMI) HelpLine:** 1-800-950-NAMI, or text "HELPLINE" to 62640. Both services available between 10 a.m. and 10 p.m. ET, Monday-Friday

**National Domestic Violence Hotline:** 1-800-799-7233

**Rape Abuse and Incest National Network (RAINN)** is the nation's largest organization fighting sexual violence: (800) 656-HOPE / (800) 810-7440 (TTY)

**Family Violence Helpline:** 1-800-996-6228

**American Association of Poison Control Centers:** 1-800-222-1222

**National Council on Alcoholism & Drug Dependency:** 1-800-622-2255

**LGBTQ Hotline:** 1-888-843-4564

**The Trans Lifeline** is staffed by transgender people for transgender people: 1-877-565-8860 (United States)

**Veterans Crisis Line:** <https://www.veteranscrisisline.net>

THE  
MORELIFE  
BRAND

MENTAL HEALTH  
FOR MEN

QUICK INFORMATION FROM  
THE MORE LIFE BRAND



# THE MORELIFE BRAND

The More Life Brand is more than just a brand; it's a movement to promote suicide prevention awareness. With suicide rates increasing every year and impacting a younger population, it's essential to continue to spread knowledge and provide resources to those in need. Our brand's logo, a semi-colon, symbolizes the continuation of life and the control and power one has over their life. We use the colors teal and purple to promote suicide prevention awareness, emphasizing the crucial message our brand aims to impart.

Our brand is also committed to promoting mental health and well-being. We believe that everyone deserves access to the support and resources they need to live their best lives. That's why outside of selling apparel, we have workbooks and journals that provide resources and support for those struggling with mental health issues. We believe that by working together, we can make a real difference in the lives of those who are struggling and help to reduce the stigma around mental health. Join us in our mission to promote mental health and suicide prevention awareness by supporting The MoreLife Brand.

Our goal is to collaborate and make a meaningful impact in the lives of those struggling and to reduce the stigma surrounding mental health. We invite you to join us in our mission to promote mental health and suicide prevention awareness by supporting The MoreLife Brand.

"FEED YOUR SOUL + HEAL YOUR HEART"



ASKING FOR HELP IS OK

## HOW TO GET HELP



When looking for mental health treatment, **involving your primary care physician (PCP) can be very beneficial.** While many first think of seeing a therapist for mental health concerns, some therapists suggest including your PCP in the process. Your PCP can recommend various types of therapy and also provide medical monitoring, ensuring comprehensive care.

Your PCP can provide a comprehensive evaluation to rule out any physical health issues that might be contributing to your mental health struggles. They can also offer valuable insights into how your overall health might be affecting your mental well-being. Additionally, your PCP can coordinate care between different healthcare providers, ensuring a more integrated and holistic approach to your treatment.

**Moreover, your primary care physician can prescribe medications if necessary and monitor any side effects, making adjustments as needed.** They can also refer you to specialists, such as psychiatrists or psychologists, for more focused mental health care. By involving your PCP, you are creating a strong support network that can help you navigate your mental health journey more effectively.

Remember, mental health is just as important as physical health, and seeking help is a sign of strength, not weakness. Don't hesitate to reach out to your primary care physician; they are there to help you achieve the best possible health outcomes.

# NORMALIZING "THE TALK"

It's about time to destigmatize "the talk" – discussing feelings and mental health among men. This conversation is long overdue. There are numerous unhealthy thinking patterns and behaviors linked to how men are expected to express themselves. While this doesn't mean there should be drama and tears at every turn, there is a need for dialogue. Recently, society has started recognizing the significant influence of gender norms, social taboos, and cultural contexts on this issue, particularly in the United States. However, there are other contributing factors that may not be as widely acknowledged. These factors are intricately linked with gender, society, and culture, but they deserve individual attention as well.

## Overlooked Reasons Men Don't Discuss Mental Health - Sachin Doshi

- Awareness strategies often miss the mark for men.
- Men respond better to humor and softer mental health language.
- Failure to consider these factors can make men feel out-of-place or vulnerable.
- Men often seek help when there is an opportunity for reciprocity, avoiding feelings of "weakness." They prefer to attempt fixing issues themselves first.
- Reframing mental health issues as problems to fix may help men find meaningful ways to feel better.
- Men may express mental health issues differently, leading to mis- or under-diagnosis, with symptoms like irritability, anger, and substance use often dismissed as "normal" behaviors.

# NUMBERS DON'T LIE



Men are often reluctant to seek treatment for many mental health disorders, leading to lower diagnosis rates. Encouraging men to talk about their mental health can begin in various settings, such as workplaces, schools, and community centers. Peer support groups and mentorship programs can also provide safe spaces for men to share their experiences and seek guidance.

## ACCORDING TO MENTAL HEALTH AMERICA:

- Men with eating disorders, despite making up around 10% of cases, are less likely to seek professional help.
- More than 6 million men experience depression annually, but cases of male depression frequently go undiagnosed.
- Over 3 million men in the U.S. struggle with panic disorder, agoraphobia, or other phobias.
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- Approximately 2.3 million Americans have bipolar disorder, with both men and women equally affected. Onset typically occurs between the ages of 16 and 25 for men.
- Schizophrenia is a leading cause of disability in the U.S., with about 3.5 million diagnosed individuals, 90% of whom are men if diagnosed by age 30.

**Ultimately, normalizing the conversation around men's mental health can lead to earlier interventions, better treatment outcomes, and a healthier, more resilient community.**

# ANXIETY + DEPRESSION IN MEN

Men's mental health holds significant importance. Regrettably, our society has normalized the idea of men suppressing their emotions and enduring mental health challenges alone. The reality is that men go through many of the same feelings, traumas, and struggles as women. It's crucial to understand that this is a common experience and nothing to be ashamed of. Often, symptoms of anxiety and depression in men can go unnoticed because they may manifest differently. Despite mental health conditions being more prevalent in women, men are far less likely to seek treatment and receive diagnoses when dealing with such challenges.

Every day, we witness the impact of stigmas. Men are sometimes labeled as "weak" or "soft" when they express genuine emotions like sadness and vulnerability. Nearly one in ten men encounter depression or anxiety, with less than half of them seeking proper help. This situation can lead to self-medicating with substances like alcohol, marijuana, and other drugs. Understanding these statistics and challenges can raise awareness about men's mental health and establish a supportive environment for men to access the assistance they require.

## MORE FACTS

- About 78% of those who die by suicide in the United States are men.
- Men are more likely to use illicit substances.
- The use of illicit drugs is more likely to result in emergency service visits and death by overdose for men.
- Men and boys comprise 61% (or 352,211) of the homeless population in the United States.
- As of 2021, 27.2% of females compared to 18.1% of males received mental health services for any mental illness.

# WHAT TO LOOK FOR

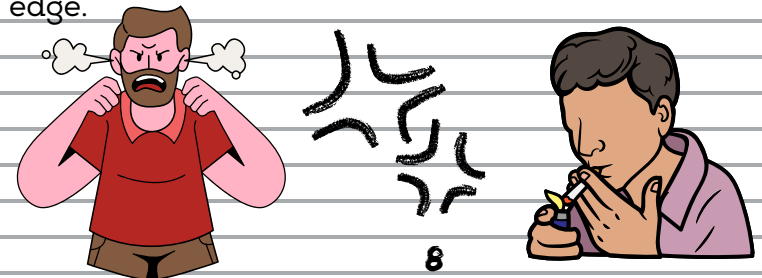


## SIGNS, SYMPTOMS, & WARNING SIGNS

Both men and women can develop similar mental disorders and conditions, yet they might exhibit different symptoms and utilize distinct coping mechanisms. In men, depression could be camouflaged by maladaptive coping strategies.

### The following symptoms may manifest in the following ways:

- Engaging in escapist behavior, like spending excessive time at work or on sports.
- Experiencing physical symptoms like headaches, digestive issues, and pain.
- Misusing alcohol and/or drugs.
- Displaying controlling, violent, or abusive behavior.
- Feeling anger, irritability, or inappropriate aggressiveness.
- Engaging in risky behavior, such as reckless driving.
- Noticing significant changes in mood, energy levels, or appetite.
- Struggling with concentration, restlessness, or feeling on edge.



# SUICIDE IS AN EPIDEMIC

★ Suicide is a major public health epidemic, not only in the United States but across the globe. Suicide is currently a leading cause of death in America, and the numbers are only increasing.

IN 2021, THE CDC FOUND THAT MEN ARE 4 TIMES MORE LIKELY TO DIE FROM SUICIDE THAN WOMEN. SUICIDE, DEPRESSION, AND ANXIETY ARE ALL DIRECTLY LINKED TO EACH OTHER.

★ "Male suicides have been on the rise since 2000. Suicide is the 7th leading cause of death among males", according to Mental Health America.

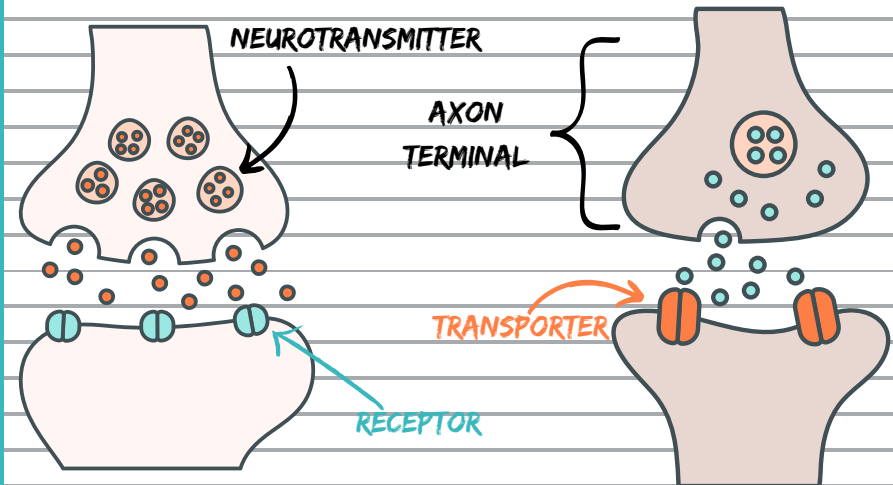
★ Studies show that gay and bisexual men have a higher likelihood of experiencing mental health disorders compared to heterosexual men. Additionally, gay men face an elevated risk of suicide.

It's critical to address these interconnected issues through comprehensive and compassionate approaches. Efforts to reduce the stigma surrounding mental health are essential, as they encourage individuals to seek help without fear of judgment. Community support systems, accessible mental health services, and educational programs can play pivotal roles in prevention.

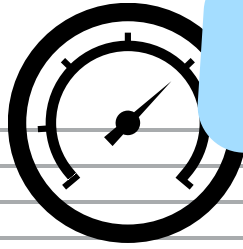
Additionally, policies that ensure access to mental health care, such as affordable therapy and crisis intervention services, are crucial. Providing training for teachers, employers, and community leaders on how to respond to mental health crises can also make a significant difference.

# NEUROBIOLOGY OF DEPRESSION

If you've come across information about depression, you've likely encountered the concept of a "chemical imbalance." It suggests that people with clinical depression have insufficient levels of certain neurotransmitters in their brain, such as **dopamine** (associated with motivation) and **serotonin** (linked to happiness), while having elevated levels of others like **cortisol** (stress hormone). However, recent studies indicate that this explanation is not comprehensive. While there may indeed be a deficiency of these hormones in individuals with depression, there are also chemical messengers in the brain's higher regions that play a role in controlling mood and emotions.



Two of the brain's most common neurotransmitters are GABA and glutamate. They regulate how the brain changes and develops over a lifetime. When individuals experience persistent stress and anxiety, specific connections between nerve cells may weaken. This results in heightened "chatter" in the communication among these cells, according to Dr. Krystal. It is believed that this noise, combined with the general decline in connections, plays a role in the biological aspects of depression.



# MOOD METER

HOW ARE YOU FEELING?

ENRAGED	PANICKED	STRESSED	SHOCKED	SURPRISED	UPBEAT	EXHILARATED	ECSTATIC
LIVID	FURIOUS	FRUSTRATED	NERVOUS	HYPER	ENTHUSIASTIC	MOTIVATED	EXCITED
FUMING	FRIGHTENED	TENSE	RESTLESS	ENERGIZED	CHERFUL	ENTHUSIASTIC	FOCUSED
ANGRY	ANXIOUS	WORRIED	ANNOYED	PLEASED	HAPPY	OPTIMISTIC	PROUD
REPULSED	TROUBLED	CONCERNED	UNEASY	HOPEFUL	JOYFUL	HOPEFUL	BLISSFUL
DISGUSTED	MISERABLE	DISCOURAGED	APATHETIC	EASYGOING	CONTENT	LOVING	FULFILLED
PESSIMISTIC	SAD	LONELY	BORED	CALM	SECURE	GRATEFUL	BLESSED
ALIENATED	DISAPPOINTED	DISHEARTENED	TIRED	RELAXED	SATISFIED	PEACEFUL	BALANCED
DESPAIR	HOPELESS	EXHAUSTED	FATIGUED	MELLOW	CHILL	COMFY	CAREFREE
DEPRESSED	DESOLATE	SPENT	DRAINED	SLEEPY	COMPLACENT	TRANQUIL	SERENE

HIGH  
ENERGY  
LOW

LOW PLEASANTNESS HIGH