

# Mental Health

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What should we say and do?

# Mental Health and Stigma are Gendered

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- 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

# Mental Health and Stigma are Gendered

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- 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

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- 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

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- Suicide
- Suicide Attempt
- Non-suicidal Self-injury
- Ideation

# What do we say?

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## 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

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- Self-care
- Attention
- Mental Illness





# What should we do?

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- Question
- Persuade
- Refer

# National Suicide Hotline

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800-273-8255