

There's a lot of talk around men and mental health; why it's important, why men deserve care too, and plenty of affirmations that there's no judgment for getting help.

The fact remains, though, that within the last decade, the number of men who actually receive some sort of mental health treatment has [barely increased two percent](#).

Surprised? If you're a man reading this, you probably aren't. After all, when was the last time someone asked you about your mental health? When was the last time you asked another man about his?

We're all carrying unspoken traumas; deeply rooted, unhealed wounds that will continue to bleed into our lives and the lives of those around us until we heal.

That's why today, we're going to analyze the relationship between men and mental health, and identify some of the main ways trauma affects that mental health.

Healing begins with understanding; understanding begins here.

## What is trauma?

We know, it sounds like a groaner to start here, but stick with us for a second.

You'd be surprised how many people carry misconceptions around trauma, and as a result, aren't actually aware of many ways it's affecting them and those around them (loved ones, coworkers, random strangers) on a day-to-day basis.

So, let's dive in. What is trauma? Trauma is a distressing or disturbing event that has a significantly negative impact on your overall well-being (mental, physical, emotional).

This impact often has short- *and* long-term consequences on the individual, as we're only able to process so much of the trauma within the immediate aftermath.

Traumas can be rooted in natural disasters, sudden accidents, death (natural or otherwise), sexual or other physical abuse, violence, and other harrowing situations.

How exactly these traumas affect an individual can vary greatly, as there are many different personal and circumstantial factors at play. At the core of so many of these long-lasting issues is the fact that the person's mental health is suffering greatly.

## How does trauma affect mental health?

The [most common ways](#) trauma affects our mental health is through the development of psychological or emotional disorders, or the exacerbation of pre-existing conditions.

These disorders include post-traumatic stress disorder (PTSD), anxiety disorders, depression, panic disorder (panic attacks), bipolar disorder and more.

The emotional or mental disturbances following traumatic events can also lead to:

- Trust and vulnerability issues
- Disassociation or emotional detachment
- Intimacy and relationship issues
- Short tempers and “seeing red”
- Self-harming thoughts or behaviors
- Substance abuse or addiction

Trauma isn’t a minor event, and neither are its repercussions. It’s very common for those who have experienced a traumatic event to turn to drugs and alcohol as a coping mechanism, especially if other means like therapy are perceived as “not an option.”

Substance abuse might provide temporary relief, but more often than not, results in a crashing wave of consequences that tear through your work, relationships, and mind.

## What are co-occurring disorders?

Co-occurring disorders, also referred to as dual diagnosis, are when two or more disorders are both present in a person at the same time.

In most cases, co-occurring disorders refers to the simultaneous presence of a mental health disorder and a substance use disorder in an individual. It can, however, also refer to multiple disorders of other combinations (such as dual substance disorders).

Though men are statistically [less likely](#) than women to develop a standalone serious mental illness, the [majority of adults](#) suffering from co-occurring disorders are men.

## Men and mental health

As a man, how often do you take a “mental health day”? When you make decisions about your career and your future, do you consider the impact of those decisions on your mental health? How often do you engage in mental health-improving practices?

At this point, eyebrows often raise (maybe a few eyes roll). Blank stares. No answers.

This is, however, where the stigmas, familial or cultural beliefs, and generationally imposed judgments are brought to light. Self-awareness is where restoration begins.

Some men associate feelings of shame or weakness with mental health as an entire concept, or for seeking professional help, or both. Others have been led to believe that mental illness is a sign of being cursed or possessed, or because of a lack of faith.

Others still have had their emotions or emotional experiences invalidated for so long that they've become numb to the severity of their traumas and may either genuinely believe they're fine, or that they're too far gone now. You aren't.

Men and mental health have had a long, complicated relationship, but it's one that's no less essential for men than it is for women or teenagers. The problem is, there's a disconnect between sharing the message and it impacting men enough to take action.


We're here to bridge that gap.

## Learn new strategies today

Reaching out for help might feel unnatural, or even wrong. Don't let it stop you.

You might find yourself battling with thought patterns that try to emphasize you don't need this, you're fine, you'll get over it. You might even find yourself faced with the biggest lie of all: that if you reach out for any kind of help, you're not a real man.

Reject the lie. Choose strength. Push through the fear. Grab the extended hand.

When you're ready to get to work, so are we.  to get started.