



# Creating Hope Through Action

## Suicide & Boys & Men

### Background

Men account for three-quarters of deaths by suicide in many countries. Whilst the pathway to suicide for each individual is unique, there are some common risk factors that have been shown to contribute to the higher suicide rate among men. These risk factors include the use of more lethal means, reduced help-seeking, harmful substance use, social disconnection, conformity to some masculine norms, and stressful life events such as unemployment and relationship breakdown. Some groups of men are at more risk than others, such as Indigenous men, men of diverse gender and sexual orientation, and men in some occupations. There is evidence that when men do seek help, the help they receive does not always meet their needs.

Suicide prevention interventions are needed that are mindful of the gendered context of suicide for boys and men. These interventions could work to bolster protective factors, such as social connection and help-seeking, reduce risk factors, such as substance use, and also support men through stressful life events. Services should strive to engage men and work with them in a gender sensitive way.

### How Can I Get Involved?

Many men face social pressures to keep personal struggles to themselves and can experience shame when experiencing mental health issues or stressful life events.

You can also help create hope through action.

\* be the light \*  
\* #bethelight \*



Suicide prevention is a global challenge.

Suicide ranks consistently among the top 20 causes of death globally across all age groups. One is every 100 deaths worldwide is the result of suicide. It can effect every one of us.



The global suicide rate is over twice as high among men than women.

Over half (58%) of all deaths by suicide occur before the age of 50 years old.



Written in Collaboration  
with the IASP Special  
Interest Group on Suicide  
Prevention for Boys and  
Men



### Take Action

- \* Providing opportunities for boys and men to talk openly and without judgement about their struggles is critical for suicide prevention.
- \* Supporting men through stressful times of life with both emotional and practical support is important – for example, by providing access to employment or assistance with financial and legal issues associated with relationship breakdown.
- \* Interventions for adolescent males can be helpful in setting the groundwork for a healthy adulthood by boosting protective factors such as social connection, openness to help, and a positive masculinity.
- \* Those who are supporting men via services should involve men with lived experience in the co-design of those services to ensure that they meet their needs.

### Resources

There are some excellent resources and supports for men around the world, such as:

- \* [HeadsUp Guys](#)
- \* [Movember Conversations](#)
- \* [Beyond Blue](#)
- \* [Lifeline Men's Toolkit](#)



Suicide occurs across all regions in the world, however, **over three quarters (77%)** of global suicides in 2019 occurred **in low- and middle-income countries.**



10 September is **World Suicide Prevention Day** (#WSPD). 'Creating Hope Through Action' aims to inspire confidence in all of us; that our actions may provide hope for those that are struggling.

