

# Suicide and Men: From Research to Practice

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# “Women seek help – men die.”

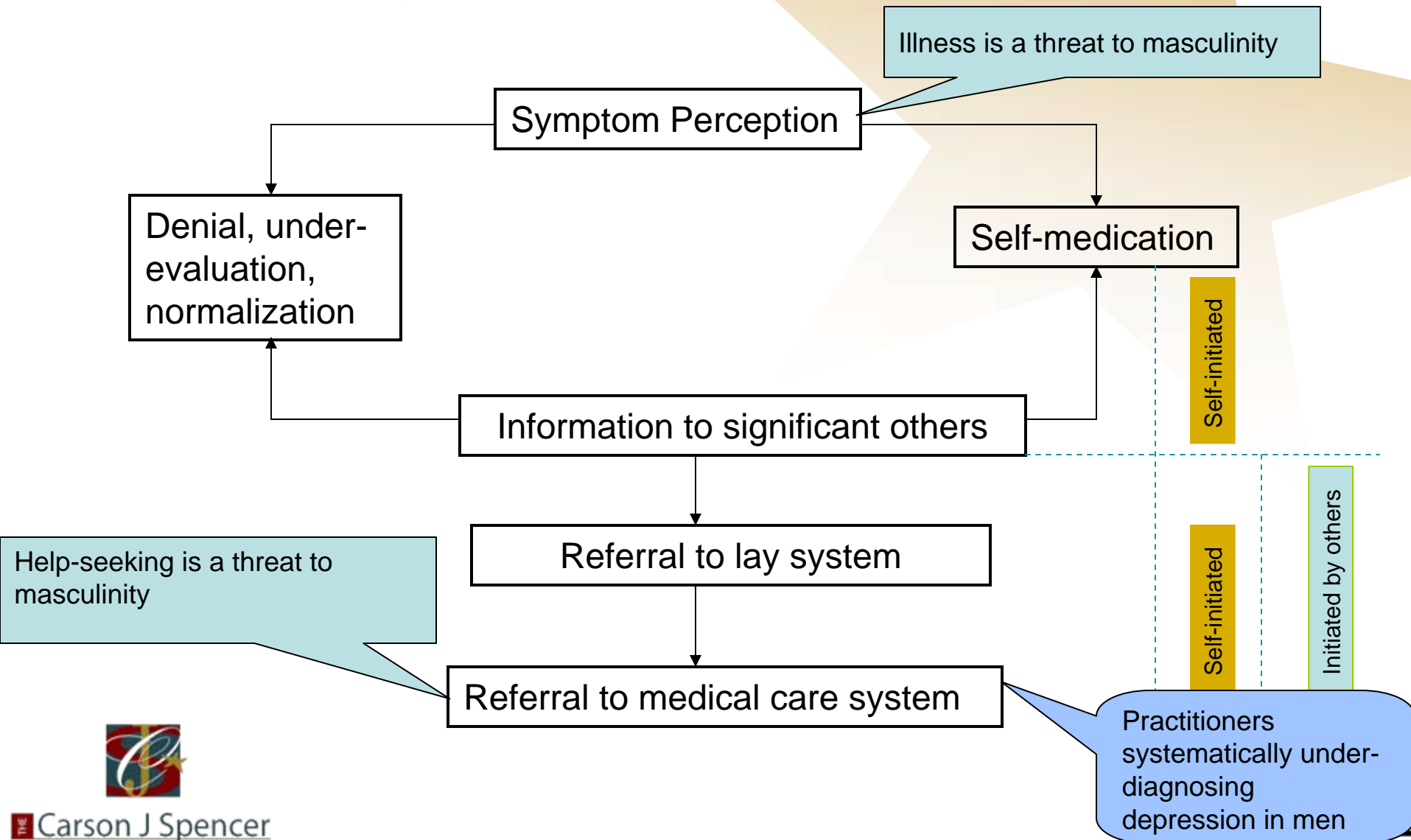
- Female to male ratio for suicide completion is 1:6 in U.S.
- Young men increasing suicide rates while females are falling
- **Double jeopardy:** The men most in need of psychological help appear to be least interested in using available help services.
- Men’s initial approach to help-seeking is indirect.
- Barriers to help



– Socio-cultural

– Systemic

# Stages of Help-Seeking



# Risk Factors Increasing Suicide Vulnerability for Men

From Suicide Prevention Resource Center

- **Social Isolation**
  - McPherson et al
  - Community Disasters and High Profile Sporting Events – pulling together
- **Stigma**
  - Men would rather die than be considered un-masculine
- **Job or financial loss**
  - Golden handcuffs of success



# Focus Group: Men and Mental Health: Methods of relaying mental health messages and Obstacles

- Leadership
- Normalize and integrate
- Ability to screen self and tools
- Obstacles:
  - Not manly
  - “Powering through” impossible expectations
  - Fears



# Promising Practices

- **Non-traditional services:**
  - Presenting mental health services in more structured forms (classes, “life coaching”, workshops versus individual/group sessions)
  - Services that emphasize self-help, technical competence and achievement orientation over the expression of personal feelings.
- **Social marketing:**
  - role models, “just like me” who successfully seek help and benefit
  - “Aspirational Peers”
  - Messages that suggest that help-seeking does not conflict with normative values (courageous, problem-solving)



# Promising Practices

- **Increase sense of belongingness and connectedness**
  - Forum for students to connect (men's groups)
  - Working with faith communities
- **Target secondary sources: partners and GPs**
  - How to normalize and give clear direction
  - Pull-out symptom reporting – ask for confirmation  
“many men experience \_\_\_\_, is this true for you?”
- **Engage men in mental health promotion discussions where men tend to congregate**

