



Men in the Middle Years

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Speaker: Jeff Sung, MD

“If we’re going to reduce the overall number of suicide deaths in the United States, men in the middle years need our attention.”

When we think about men in midlife, we may see them as independent and able to take care of themselves. Yet men in the middle years—between the ages of 35 and 64—have a suicide rate that is more than double the national average, says psychiatrist Jeff Sung. What’s more, many men at risk of suicide will not seek conventional mental health treatment. We need to figure out what works for men and change the life trajectory of men who are at risk of suicide.

Populations: Men
Settings: Communities
About Suicide: Behavioral Health Disorders
Planning and Implementing: Cultural Competence
Strategies: Effective Care/Treatment

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