



# Men in the Middle Years



## Resources

The following resources include videos, websites, reports, and online courses that can help you learn more and take action to prevent suicide among men in the middle years (MIMY) between the ages of 35 and 64.

### SPARK Talk: Men in the Middle Years

<http://sparktalks.sprc.org>

**Speaker:** Jeffrey Sung, MD, Psychiatrist (2016)

SPRC's SPARK Talks are **S**hort, **P**rovocative, **A**ction-oriented, **R**ealistic, and **K**nowledgeable videos of leaders in the suicide prevention movement who describe a new development or direction in the field that can have an impact on the burden of suicide.

### Preventing Suicide among Men in the Middle Years: Recommendations for Suicide Prevention Programs

<http://www.sprc.org/resources-programs/preventing-suicide-men-middle-years>

**Author:** Suicide Prevention Resource Center (2016)

This report explores the causes of suicide among men ages 35–64 in the United States and what can be done to lower the suicide rate. It provides recommendations to help state and community suicide prevention programs design and implement projects to prevent suicide in this population, as well as an annotated list of existing programs and resources to support the recommendations.

### Counseling on Access to Lethal Means (CALM)

<http://training.sprc.org/enrol/index.php?id=3>

This online training is designed for providers who counsel people at risk for suicide—primarily mental health and medical providers, but also clergy and social service providers. Module 1 explains how reducing access to lethal means can save lives. Module 2 covers practical skills for asking clients at risk of suicide about their access to lethal means and working with them and their families to reduce access.

### Common Ground: Reducing Gun Access

<http://www.sprc.org/video/reducing-access-to-means>

**Speakers:** Cathy Barber, Director, Means Matter, Harvard School of Public Health, and Ralph Demicco, Former Owner, Riley's Sport Shop in New Hampshire (2015)

In this compelling SPARK Talk video, find out how public health professionals—like Cathy Barber—have partnered with gun shop owners—like Ralph Demicco—to prevent suicide.

### Man Therapy

[www.mantherapy.org](http://www.mantherapy.org)

Man Therapy is an interactive website that encourages men to consider their own behavioral health needs and seek help and to encourage other men to seek help when needed. Men can interact with a fictional therapist, do a self-assessment, and get mental health tips. If they need further help, they are referred to the National Suicide Prevention Lifeline or a list of professional mental health providers.

### Men, Society, and Suicide: Why Disadvantaged Men in Mid-Life Die by Suicide

**Authors:** C. Wyllie, S. Platt, J. Brownlie, A. Chandler, S. Connolly, R. Evans, B. Kennelly, O. Kirtley, G. Moore, R. O'Connor, & J. Scourfield, J. (2012).

<http://www.samaritans.org/sites/default/files/kcfinder/files/press/Men%20Suicide%20and%20Society%20Research%20Report%20151112.pdf>

This report from the UK reviews why men of low socioeconomic status in their middle years are particularly vulnerable to suicide and provides recommendations to decrease these deaths. It extends suicide prevention beyond mental health problems to the social and cultural contexts that contribute to men dying by suicide. The findings are quite relevant to men in the United States.

### TIP 56: Addressing the Specific Behavioral Health Needs of Men (USA)

<http://store.samhsa.gov/product/TIP-56-Addressing-the-Specific-Behavioral-Health-Needs-of-Men/SMA14-4736>

**Author:** Substance Abuse and Mental Health Services Administration

This manual addresses the treatment needs of adult men with substance use disorders. It reviews gender-specific research and practices, such as common patterns of substance use initiation among men, issues specific to counseling men, and different types of treatment. It also addresses the needs of specific populations of men in behavioral health settings. The accompanying Quick Guide summarizes the information in TIP 56 in an easily accessible how-to format for clinicians.

### TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment

<http://store.samhsa.gov/product/TIP-50-Addressing-Suicidal-Thoughts-and-Behaviors-in-Substance-Abuse-Treatment/SMA15-4381>

**Author:** Substance Abuse and Mental Health Services Administration

This manual provides guidelines to help substance abuse treatment counselors work with adults who have suicidal thoughts and behaviors. It covers risk factors and warning signs for suicide, core counselor competencies, clinical vignettes, and information for administrators and clinical supervisors. The accompanying Quick Guides for clinicians and for administrators summarize the information in TIP 50 in an easily accessible how-to format.

### Working Minds

<http://www.workingminds.org>

Working Minds provides tools, networks, training, social marketing campaigns, and consultation to assist workplaces in implementing a comprehensive approach to suicide prevention, intervention, and postvention. Although this program can be used in any workplace, Working Minds currently focuses on workplaces that primarily employ men, including first responders (law enforcement, firefighters, and EMS) and the construction, oil, and gas industries.

### Value Options: Strategy in Workplace Suicide Prevention

[http://valueoptions.com/clients/Initiatives/suicide\\_prev/html%20pages/Strategy.htm](http://valueoptions.com/clients/Initiatives/suicide_prev/html%20pages/Strategy.htm)

This website includes information and resources that can be used to create a workplace suicide prevention program. The resources include materials for senior management, articles, tip sheets, self-scored quizzes, and a suggested timeline for covering different topics.

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### Suicide Prevention Resource Center

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