



## INTERNATIONAL: Why More Men than Women Die by Suicide

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[BBC Future](#) [1]

In many countries around the world, men are more likely to die by suicide than women. Increased suicide risk among men is linked to multiple factors, including gun ownership, substance abuse, and a reluctance to seek help. A number of efforts are working to address that risk. A communications campaign in Australia called “R U OK?” is encouraging men to talk about their struggles. Another Australian program, Mates in Construction, provides training and support to help prevent suicide in the construction industry. In the UK, the Campaign against Living Miserably has launched #Project84 to spread awareness about the number of men lost to suicide each week. Colman O’Driscoll, former executive director of operations and development at Australia’s Lifeline, said these efforts all focus on “making it okay for men to talk about how they’re feeling—and for that to be acknowledged as a sign of strength.”

**Spark Extra!** Check out our [report on preventing suicide among middle-aged men](#) [2].

### Links within this resource

[1] <http://www.bbc.com/future/story/20190313-why-more-men-kill-themselves-than-women>

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

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