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National Men's Health Week is this week | Health

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National Men's Health Week is this week



Submitted by [Donna Wallace-King \(/profile/98974/donna-wallace-king\)](#), Community Web Producer

Tuesday, June 12th, 2012, 1:38pm

Topics: [Health \(/news/health\)](#)



The Alabama Department of Mental Health is encouraging men to seek out information about mental health as part of National Men's Health Week observed June 11-17 this year. National Men's Health Week is anchored by a Congressional health education campaign that aims to preventable health problems and encourage early detection and treatment of disease among men and boys. The Division of Mental Health & Substance Abuse Services at ADMH says, "We want everyone to realize that with mental illnesses recover every day of the week. The stigma wrongly associated with mental illnesses often begins at early stages. Observances such as National Men's Health Week provide opportunities to remind Alabamians about their mental health and well being."

ADMH offers a useful educational resource on men's mental health called The Legacy of Charley Pell. This film tells the story of Charley Pell, his struggle with depression and his recovery from a mental illness. Essentially, it teaches that depression is a biological disease that is treatable and manageable. The national award-winning film has been a popular resource for students with depression in high school and college students.

One in four adults – approximately 57.7 million Americans – experience a mental health disorder in any given year. For men, the most common mental health threat is depression; more than 6 million American men suffer from depression. According to the Mayo Clinic, depression affects men more than it does women, and there are a number of reasons why male depression often goes unnoticed. When it occurs in men, it is often more severe than in women and can be masked by unhealthy coping behavior. Further, according to the National Institute of Mental Health, more men than women die by suicide in the United States each year, even though more women make suicide attempts. Men often use more lethal methods than those used by women.

Asking for help can be hard for men. They may not recognize depression symptoms or may downplay their feelings of weakness and are much less likely to seek treatment that may be life saving. However, depression is an illness that is often overlooked, especially when combined with other major illnesses. That is why it is so important to take advantage of observances like National Men's Health Week to raise awareness about mental health.

Information about mental health services in the state of Alabama can be obtained by contacting the Office of Mental Health at 334-242-3417 or by visiting us online at www.mh.alabama.gov (<http://www.mh.alabama.gov>).

Additional information regarding Coach Charley Pell can be found on ADMH's website under the Media Center at <http://www.mh.alabama.gov/video/LegacyOfCharleyPell.aspx> (<http://www.mh.alabama.gov/video/LegacyOfCharleyPell.aspx>).

Additional resources on men's mental health and general mental health can be found at <http://www.mayoclinic.com/> (<http://www.mayoclinic.com/>) and <http://www.nimh.nih.gov/index.shtml> (<http://www.nimh.nih.gov/index.shtml>).

Source: The Alabama Department of Mental Health

Topics: [Health \(/news/health\)](#)

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Happy Together

2012 Tour (/h/events?ct=d&evid=245948150)

Jun 17, 7:00PM

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Jun 12, 8:30AM

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