

There's some things about men's mental health...

John L. Oliffe



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- Men @ work
- 4 COVID contexts
- 3 I's
- Men's help-seeking
- 7 stress management tips
- 5 culture points
- 2-to-go

Men @ Work



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Psychosocial impact of the COVID-19 pandemic: a cross-sectional study of online help-seeking Canadian men

John S. Ogrodniczuk, Simon M. Rice, David Kealy, Zac E. Seidler, Mahin Delara & John L. Oliffe

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Financial challenges
Distressed relationships
Job insecurity
Social isolation

Beyond Workers' Compensation: Men's Mental Health In and Out of Work

John L. Oliffe, PhD, RN¹ and Christina S. E. Han, MA¹

Abstract

The mental health of men is an important issue with significant direct and indirect costs emerging from work-related depression and suicide. Although the merits of men's community-based and workplace mental health promotion initiatives have been endorsed, few programs are mandated or formally evaluated and reported on. Conspicuously absent also are gender analyses detailing connections between masculinities and men's work-related depression and suicide on which to build men-centered mental health promotion programs. This article provides an overview of four interconnected issues, (a) masculinities and men's health, (b) men and work, (c) men's work-related depression and suicide, and (d) men's mental health promotion, in the context of men's diverse relationships to work (including job insecurity and unemployment). Based on the review, recommendations are made for advancing the well-being of men who are in as well as of those out of work.

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Injury
Interiority
Isolation



Injury

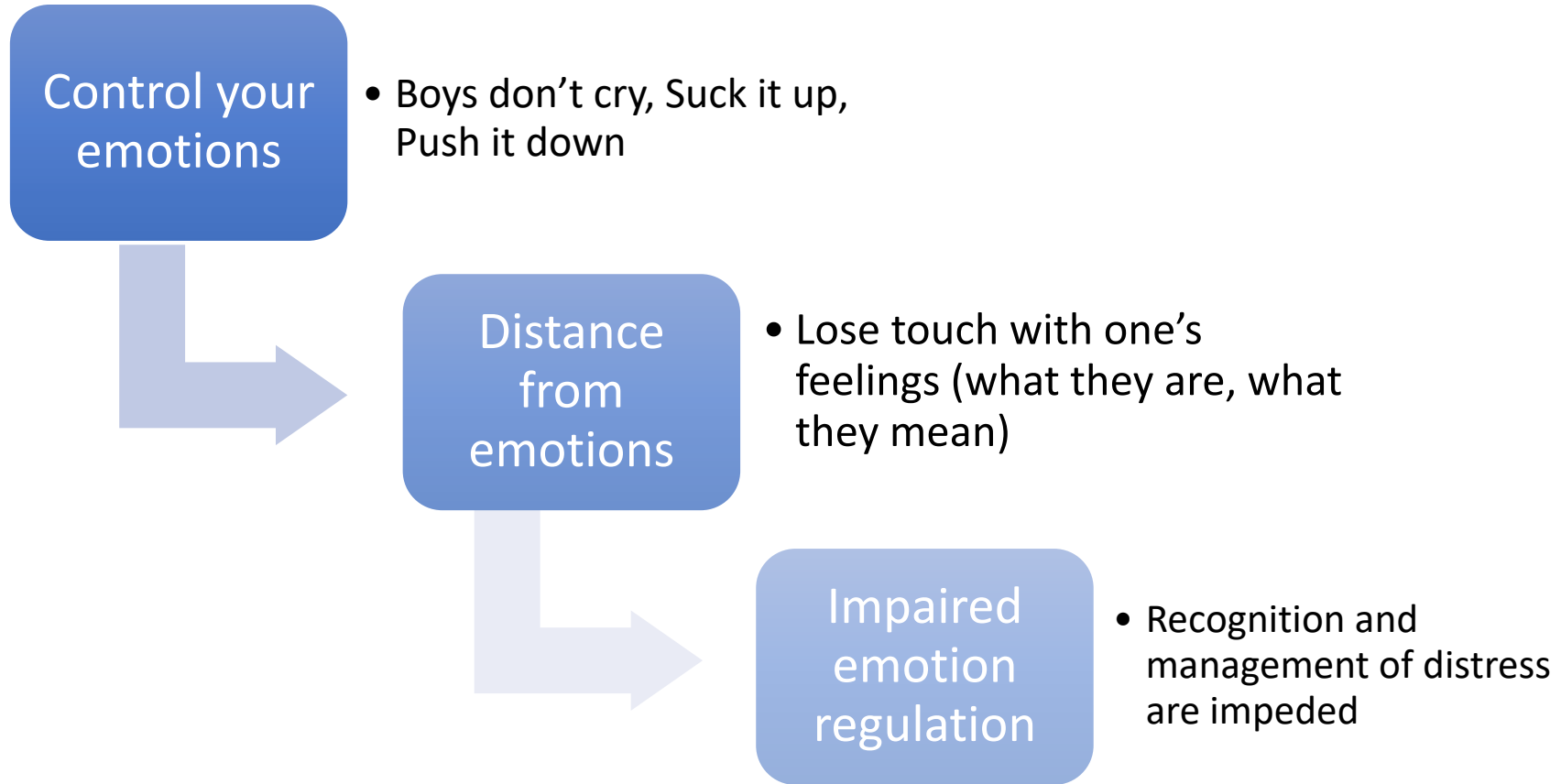


I think it's kind of what happened to me – for a while it kind of feels like, yeah, 'you're useful, you're doing good', and then its just – eventually you might just end up being abandoned, you're going to be abandoned.

Interiority



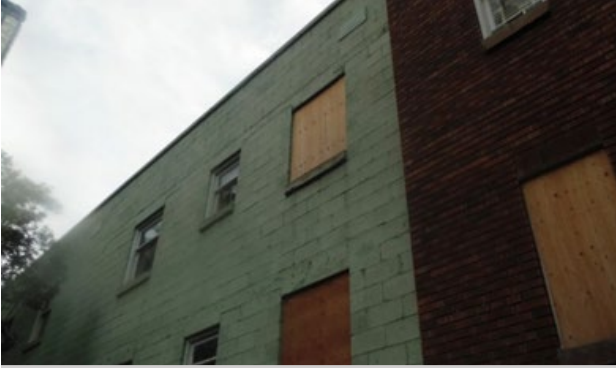
This is a combination lock and it really shows a physical example of how you can get locked down, locked into your thoughts...thinking that there's never any light at the end of the tunnel or things aren't going to get better and then when that lock gets closed that's when you know you're very likely to commit suicide. When the lock is still open you can see that there's hope then you're less likely to commit suicide so...if you don't know the combination then you don't know how to get out of the depression and the suicide but if you know the combination you're able to unlock.



Isolation



It brings out really negative feelings when the sun sets, and I'm in my car and I'm about to go home...it feels like everyone's separated from the world and you're just all by yourself like an island. When I was feeling suicidal, that's my darkest time - when it gets dark, when it's light and starts getting dark and nobody's outside. It feels like you're the only person on earth...it's a feeling that's so unbearable that you just want to get rid of the feeling forever.



Mental Health & Wellbeing

Injury, Interiority, and Isolation in Men's Suicidality

**John L. Oliffe, PhD¹, Genevieve Creighton, PhD¹,
Steve Robertson, PhD², Alex Broom, PhD³,
Emily K. Jenkins, PhD¹, John S. Ogrodniczuk, PhD¹,
and Olivier Ferlatte, PhD¹**

American Journal of Men's Health

2017, Vol. 11(4) 888–899

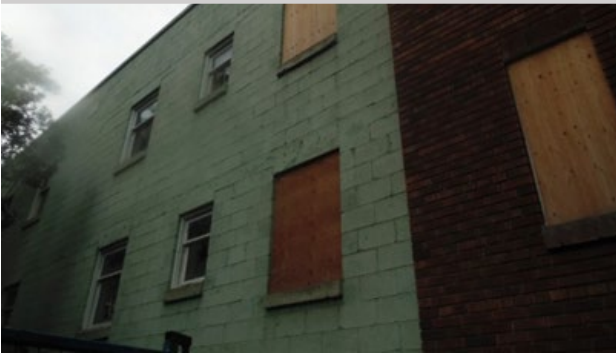
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Up to 60% of men who suicide have accessed health care in the 12 months prior.

Some stress management tips...

- Affirmation
- Permission
- Courage = strength-based
- Trigger myth
- Follow-up
- Problem-solver myth
- The art of suggestion

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Men connect by 'doing'

MEN'S SHEDS

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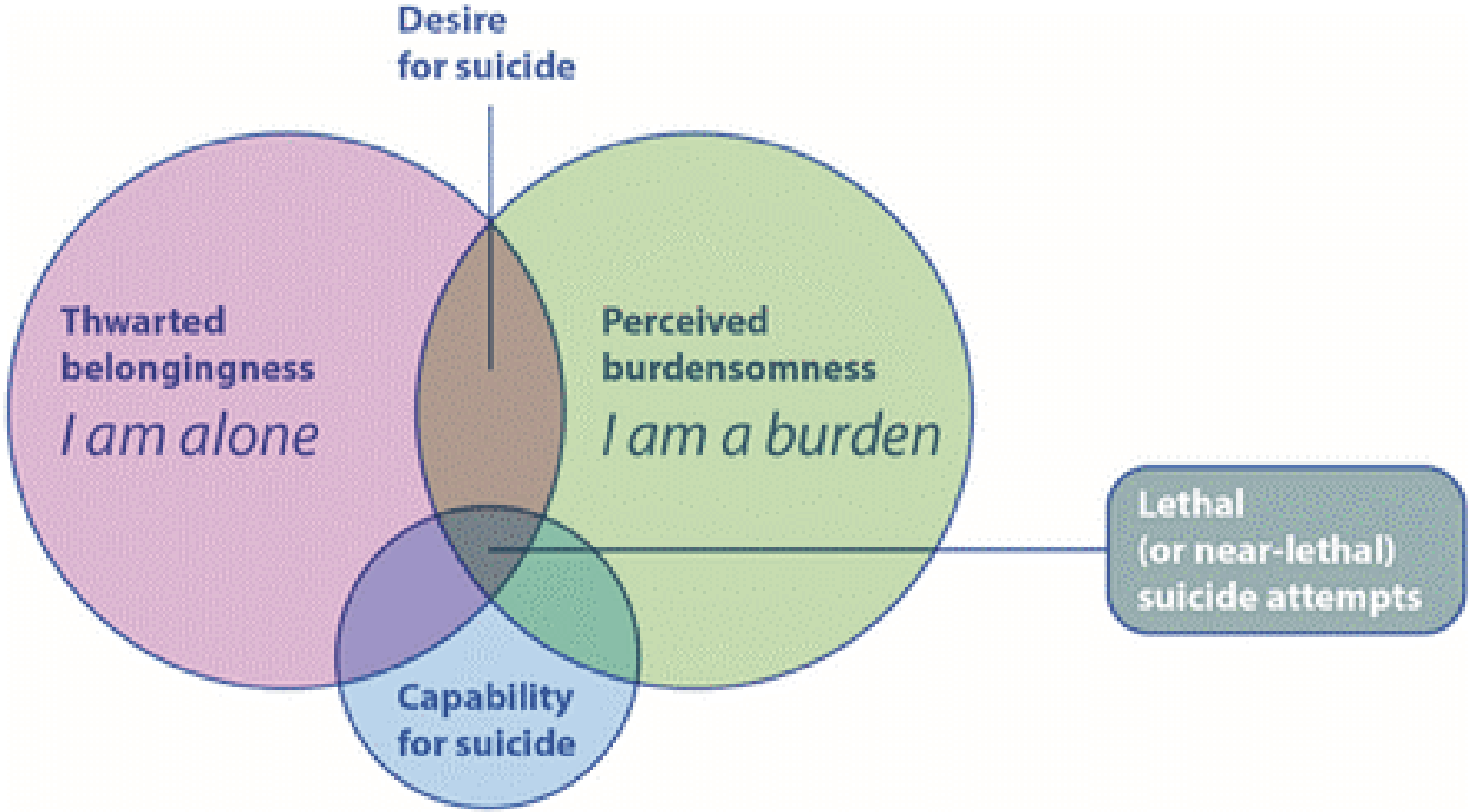
MEN'S SHEDS CANADA: WORKING TOGETHER



ABOUT

Men's Sheds are modern, shared versions of the home workshops that have long been part of the Canadian way of life. The Canadian Men's Sheds Association is a peer-run group that aims to build relationships between Canadian sheds, help new ones get started, and raise awareness about the friendly, inclusive, and creative spaces that sheds can offer. Want to learn more? [Contact Us](#) or visit [About Sheds](#).

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MEET

MARCOS

Marcos is working from home and taking care of his new baby. When asked, he says he's doing okay but he's not his usual enthusiastic self.

If you have a friend like Marcos, it's time to step up and offer your support.



[↻ Meet someone else](#)



FIT YOUR OWN OXYGEN MASK FIRST

You're no use to anyone if you're running on empty.

Caring for yourself first is often the
best thing you can do, in order to help others.

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Just really good advice.



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We research the influences of masculinities on men's health behaviours, illness management, and its impact on partners, families and overall life quality.

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📅 Mark your calendars! Here's our lineup of events for [#MensHealthWeek](#)! We have an exciting group of panelists ready to chat about mens mental health! More details to come! [#menshealth](#) [#mentalhealth](#)

John L. Oliffe