

MEN'S WELL-BEING

Context

Men use social services less than women. When they do, it is often as a last resort, even in crisis situations.

Men are over-represented in the main causes of death in Quebec (accidents, suicides, tumors, circulatory diseases, etc.).

Men and COVID-19

Negative impact of the pandemic on the health and well-being of men in Montreal in 2021: 1 in 5 (21%) experienced a high level of psychological distress.

Elements on which men are more likely than others to experience psychological distress*

- **Age:** young men between the ages of 18 and 35 are the ones who have experienced greater physical and psychological impacts. The 25-35 age group is also more susceptible to high levels of anxiety and irritability.
- **Linguistic status:** Significant adjustment difficulties were observed to a greater extent in men whose mother tongue is not French.
- **Marital status:** One-third of single men reported a "very negative" impact of the pandemic on their daily lives, almost double the figure for all men.
- **Education:** Men with low levels of education were more likely than others to report high levels of psychological distress.
- **Income:** Men with an annual income of less than \$35,000 are generally more at risk of experiencing financial pressures as well as impacts on their relationships.

***Source:** Comité régional en santé et bien-être des hommes de l'Île de Montréal - SOM - Sondage auprès des hommes habitant l'Île de Montréal. Men living on the Island of Montreal, March 2021.

Particularities of intervention with men

Barriers to seeking help:

- They feel they are not experiencing problems.
- They prefer to solve their problems themselves.
- They prefer not to talk about it, to "keep it to themselves".
- They feel ashamed.
- They don't know about help resources or how they work.
- They have had bad experiences with a previous request for help.
- They say their pride "takes a hit" when they have to ask for help.

Requests expressed by men:

- To be listened to attentively.
- Pay attention to anonymity and confidentiality.
- Have places to express their suffering.
- Authorize and validate the request for help.
- Allow people to make sense of their experience.
- Increase the number of resources available and accessible.

Any Questions?

To comment or ask a question, please write to: eclaireurs.eclaireuses.cnmtl@ssss.gouv.qc.ca

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