BOYS
DON'T CRY
SUMMARY

Just over three out of four suicides (76%) are by men and suicide is the biggest cause of death for men under 35
12.5% of men in the UK are suffering from one of the common mental health disorders
Men are nearly three times more likely than women to become alcohol dependent (8.7% of men are alcohol dependent compared to 3.3% of women - Health and Social Care Information Centre)
Men are more likely to use (and die from) illegal drugs
Men are less likely to access psychological therapies than women. Only 36% of referrals to IAPT (Increasing Access to Psychological Therapies) are men.

BOYS DO CRY
It's okay to say.
Prince William says keeping a stiff upper lip can damage health (BBC News)

The way we talk about mental health is changing, and keeping our feelings bottled up is no longer the best way to cope.
Watch the video:

[Link to Facing Shadows video]

DEPRESSION AFFECTS OVER 80,000 YOUNG PEOPLE IN THE UK. EVERY YEAR.
The Mix is the here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through our digital and phone services in the following ways:

- **A free and confidential helpline** – 0808 808 4994. Available 365 days via phone, email or webchat with a [free app](#) for instant access to help
- **The Mix website** – offering essential support and advice on everything from sex and relationships to mental health and well being
- **Discussion boards** – an online community for young people where they can talk anonymously about anything on their mind
- **Live Chat** – online chat rooms allow young people to have a safe space to share what's on their mind

# itsoktosay

Everyone has a mental health, just like everyone has a physical health. It's not a sign of weakness to ask for help with yours - in fact, it's a sign of strength.

Don't suffer in silence.

Boys do cry and that's okay.