



Did You Know?

November 2018

“Movember” & Men’s Health: “Movember” is a global movement that popularized the mustache trend as a means to raise awareness on men’s mental and physical health throughout the month of November. Since its inception 15 years ago, The Movember Foundation has reached over 21 countries, raised over \$500 million dollars worldwide, and funded over 1,000 men’s health programs. When it comes to promoting men’s health, it is important that we include alcohol, other drug use, and substance use disorders in the discussion.

What You Should Know:

- Studies show that men are three times more likely to participate in unhealthy substance use and twice as likely to binge drink as compared to women.
- **About half of Americans with a mental illness do not receive treatment.** Many of those who are affected use alcohol or other substances to self-medicate. Substance use may worsen or create new mental health concerns such as psychosis or depression.
- According to the CDC, excessive alcohol consumption in men is consistent with higher suicide rates. Over 75% of suicide victims in the United States consist of men, equating to one male suicide every 20 minutes.
- Substance use disorders aren’t gender-specific, but the way they manifest in men and women can differ. Trends show diagnosed chemical dependency affects men at higher rates than women. Outdated societal stigmas and gender roles can create unhealthy behavioral pressures.
- The Substance Abuse and Mental Health Services Administration (SAMHSA) states that men are 2.3 times more likely to seek treatment for substance use disorders. Unfortunately it is usually under the pretense of the criminal justice system.

What You Can Do:

- Education and understanding are the basis of an environment that is conducive to healthy choices. Visit <https://us.movember.com/> for more information about Movember and how you can pledge.
- Recovery and treatment is a personal and unique journey, but the Help Guide for Mental and Emotional Health lists several steps to regain a balanced life:



- **Decide to change:** the first step in recovery is acknowledgement.
- **Explore Treatment:** Educate yourself on the resources available for recovery.
- **Find Support:** Reach out for positive influences. You are not alone.
- **Learn How to Cope & Avoid Stress:** Discover the “tools” in your mental health toolbox.
- **Move Forward:** Always move forward and realize relapse and recovery go hand in hand.



Knowledge is Power • Moustache is King

Information obtained from: www.cdc.gov; www.helpguide.org; www.nimh.nih.gov; www.psychologytoday.com; www.samhsa.gov; <https://us.movember.com/>

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The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs - - America’s #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • www.eccpasa.org