

Men and Suicide

what's going wrong -
how could we do better?

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Key UK statistics



- Suicide mostly kills men
(*approximately 3 times as many*)
- Primary care doesn't serve men (*consultation rates 32% lower*)
- IAPT doesn't serve men
(*53% lower treatments*)
- MH services lock up men
(*10% more likely, CTOs 1.8 times more likely*)
- Violent crime victims are mostly men
(*1.5 more likely than women*)

This is a public health issue – not a mental health issue



- We think about suicide and depression, and yet...
- We see depression as primarily a female thing, but
- Suicide is primarily a male thing

This is a public health issue – not a mental health issue



- We think about suicide and self-harm, and yet...
- We see self-harm as primarily a female thing, but
- Suicide is primarily a male thing

Gender includes men



- We think gender inequality is about disadvantage for women
- It mostly is, but
- Not in suicide...
- Or as victims of violent crime

Constructive ways forward



- A trauma informed response
- Structured problem solving
- Creating hope and a positive future

Three things to remember



1. Gender doesn't just mean women
2. Suicide needs a public health response
3. Having a future worth living for is vital, but means different things to different people