



The Role of Men in Mental Health, Sexual, and Reproductive Health

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Introduction

Mental health and reproductive health are interconnected. Men's mental health affects relationships, decision-making, and overall well-being.

Despite this, men often ignore or downplay their mental health needs.

This session explores:

- The challenges men face in mental health.
- How mental health affects sexual and reproductive health.
- The role men play in supporting partners and society.




Understanding Men's Mental Health

Men are less likely to seek mental health support due to:

- Social stigma ('Real men don't cry').
- Fear of appearing weak or vulnerable.
- Limited awareness of mental health issues.

Suppressing emotions can lead to:

- Stress and burnout.
 - Aggression and violence.
 - Substance abuse as a coping mechanism.
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The Connection Between Mental & Sexual Health

Mental health issues such as depression and anxiety affect sexual performance.

Stress can cause:

- Erectile dysfunction (ED) and low libido.
- Relationship conflicts due to emotional disconnection.
- Avoidance of intimacy, leading to further stress.

Addressing mental health improves overall well-being and sexual health.



The Psychological Impact of Reproductive Health Challenges

Infertility can lead to:

- Feelings of inadequacy, depression, and social pressure.
- Strained relationships due to blame or lack of emotional support.
- Fear of seeking help due to cultural expectations.

Sexual dysfunction (ED, premature ejaculation) can cause:

- Low self-esteem and avoidance of relationships.
- Anxiety, depression, and stress.



The Role of Men in Supporting Women's Mental & Reproductive Health

Pregnancy and childbirth come with physical and emotional challenges for women.

- Postpartum depression affects 10–20% of new mothers, yet it is often ignored.

How men can support women:

- Being emotionally available and understanding.
- Helping with parenting responsibilities and housework.
- Encouraging women to seek mental health support when needed.



Breaking the Stigma: Why Men Avoid Mental Health Support

Myths about men's mental health:

- 'Therapy is for weak people.'
- 'I should solve my problems alone.'
- 'Talking about emotions makes me less of a man.'

Consequences of not seeking help:


- Increased risk of suicide and substance abuse.
- Emotional detachment from relationships.
- Long-term health issues (e.g., high blood pressure, heart disease).



The Role of Men in Supporting Other Men

Many men suffer in silence because they lack support networks.

How men can help each other:

- Encouraging open discussions about mental health.
 - Checking in on friends and family members.
 - Promoting healthy coping mechanisms (instead of alcohol or avoidance).
 - Creating safe spaces for vulnerability.
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Seeking Professional Help: Therapy & Counseling for Men

Therapy is not a sign of weakness – it is a tool for growth.

Benefits of therapy:

- Improves self-awareness and stress management.
- Strengthens relationships and communication skills.
- Provides strategies to deal with mental health and sexual health challenges.

Options available:

- One-on-one therapy.
- Online counseling services.



QUESTIONS & ANSWERS



THE END

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