

# Help for Men

## MENTAL HEALTH & SOCIAL SKILLS FOR MEN

Please share this with governments, businesses,  
non-profit organizations, hospitals and schools to help men of all ages.



1. Men keep creating mass shootings in the United States.
2. 1,134 people were killed in mass shootings 22 years.
3. These men are experiencing mentally illness, but don't know it, or show it, until it is too late.
4. Many Americans like guns. They use guns for protection or hunting.
5. About 35,000 people a year die of gun deaths including mass shootings, homicides and suicides.
6. Each year, almost 45,000 Americans die by suicide. Men die by suicide 3.5 times more often than women.
7. About 20 veterans a day across the country take their own lives, with about 97 percent of suicides of veterans being male in states that reported gender.
8. The rate of suicide is highest in middle age – white men in particular. White males accounted for 7 of 10 suicides in 2016. In 2018, among young veterans, suicide increased dramatically by 10%.
9. Many men don't have healthy, loving relationships. They can feel lonely, frustrated, resentful and angry (See: *Incels* and *Men Going Their Own Way* movements).
10. Many men cannot express their anger and frustration, and solve problems, through constructive conversation.
11. We need to address men's mental health directly.
12. Men need to learn to understand their feelings and needs, and practice daily self-care and communication skills.
13. Funding is needed for men's programs, locally, nationally and globally.
14. I am available to teach these skills in workshops for men of all ages.

Sanford Hinden has been an administrator, program designer and director, group facilitator and organizer. He is author of *7 Keys to Love* and a workshop leader, providing *Life Skills for Effective Living* and *Briefings for a Better World*. He was program director for *Community Partners for Coordinated Services* for Suffolk Community Council, helping at-risk children and families, and was founder and president of the *Long Island Men's Center*. Globally he has worked on numerous United Nations related programs; locally he facilitates a weekly *Saturday Night Conversation Club* and a monthly *Wisdom Circle* on Long Island.