

Breaking the Silence: Perspectives of Indian Men on Mental Health and Seeking Help

Authors : Aakansha Shukla

Abstract : Globally, men are found to have higher suicide rates compared to their female counterparts, often coupled with significant mental health concerns. This qualitative study explores the perceptions and help-seeking behaviors related to mental health among Indian men aged 25 to 60 years, a demographic that has received limited attention in research. Adopting a phenomenological approach, data was gathered through semi-structured interviews with 11 participants, providing rich insights into their perceptions and lived experiences. Thematic analysis by Braun and Clarke's framework, revealed key themes from the narratives. Findings highlighted the understanding of mental health and barriers to seeking help, alongside suggestions for improving support mechanisms, such as establishing men's support groups and implementing annual mental health check-ups. This calls for a need to bring awareness to culturally sensitive mental health initiatives that prioritize accessibility while utilizing men's experiences to form effective interventions.

Keywords : men's mental health, help-seeking behavior, India, stigma, qualitative research

Conference Title : ICMHW 2025 : International Conference on Mental Health and Wellness

Conference Location : Bengaluru, India

Conference Dates : January 30-31, 2025