

Community VISION

# Boys and Young Men's Mental Health Survey

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# Boys and young men's section

## Background and objectives

The main objective of this survey is to project youth voice and inform local authority about what the young people think about boys and young men's mental health, so they can develop and provide more resources for young people about the topic.

## Summary

Within the east riding, there is a lack of resources, particularly outside of schools, aimed specifically for boys and young men's mental health and emotional wellbeing. There have been discussions to develop training and more resources about this issue, however they're still in the planning stages. It is vital for there to be resources and awareness of mental health for boys and young men, especially as there is a constant rise of mental health issues amongst young men and research shows that men are less likely to seek help for their mental health, often because of the stigma and stereotypes surrounding mental health amongst men and the lack of information available and targeted towards them. Which is why it is vital to conduct this survey showing what young people are demanding.

## Methodology

Overall, there was 42 responses. The time frame for the survey was from early march until the 14<sup>th</sup> of July. All the responses and participants are anonymous.

The demographic was young people aged 11-25, and with SEND (special educational needs and disabilities).

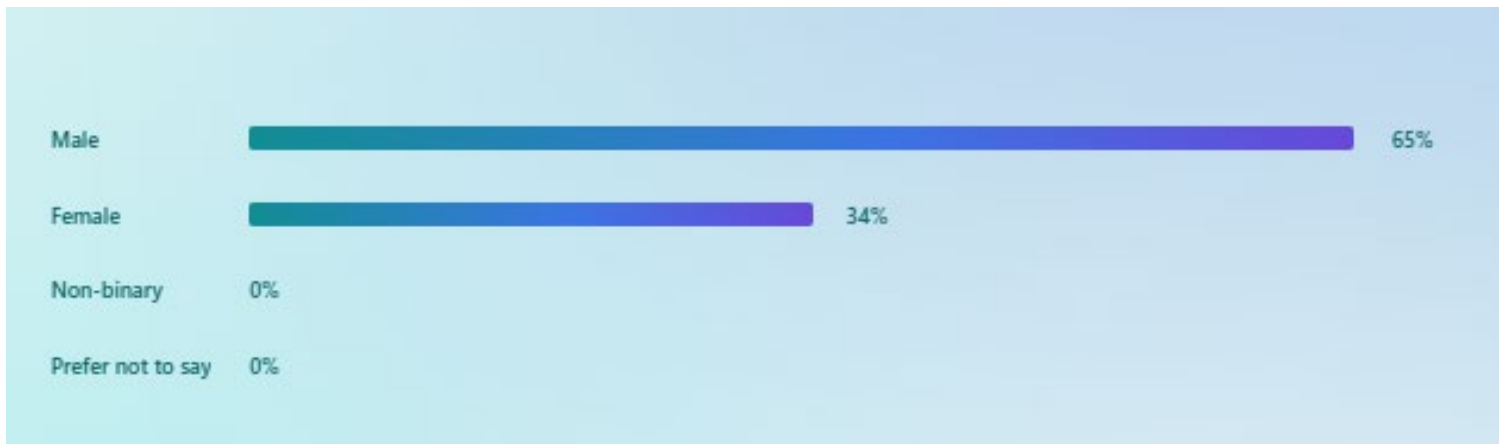
Out of the 42 responses, 26% were 17-18, 15% were 14-16, 11% were 19-25 and 7% were 11-13

The majority of young people who participated where under 18. However, it is important to note that 38% of the participants selected other, meaning they would have either been older or younger than the intended demographic.

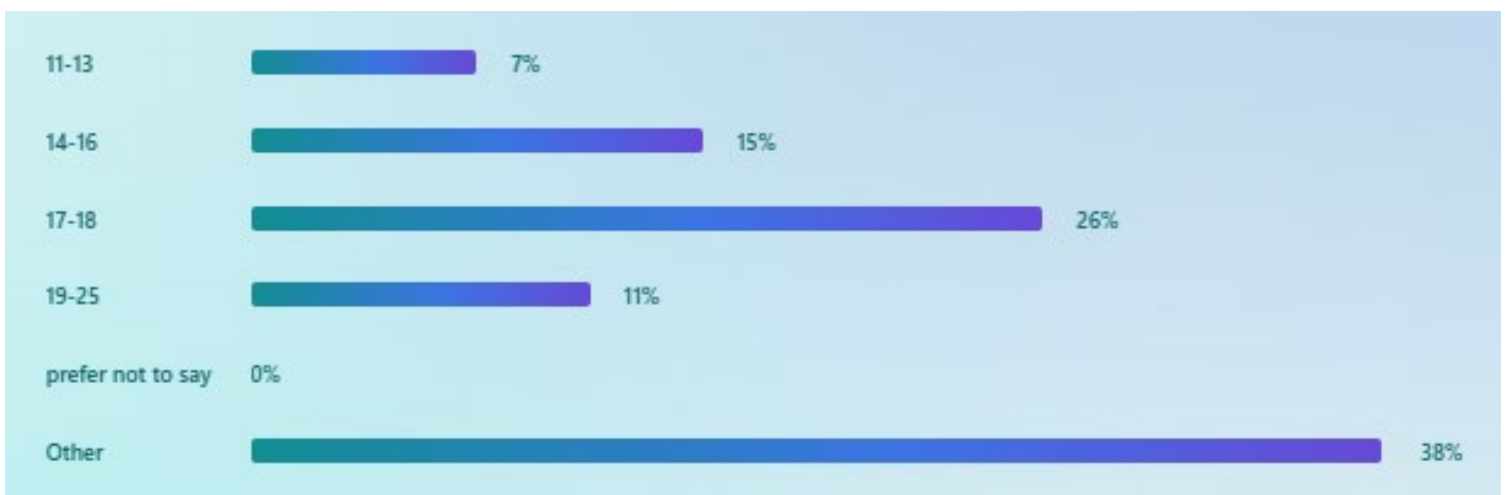
Moreover, in addition to the survey, there was a consultation held during the same timeframe over several days with a local all-boys school, where there was a presentation, a discussion and questionnaire with 59 participants overall, with an age range of 13-15. The consultation was focused on the personal voices of the boys and young men regarding their own mental health. The results of the consultation are available in a separate document.

## Results

What gender describes you best?



What is your age?



When you are feeling upset do you talk to anyone about it?

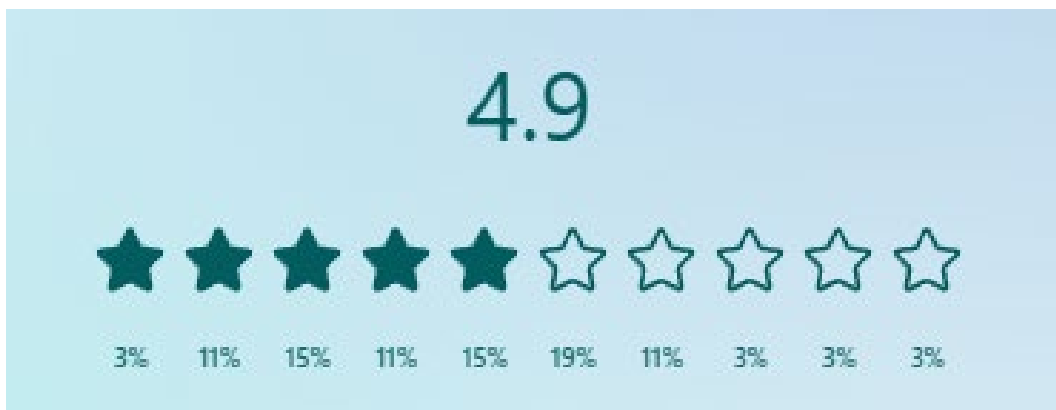


If you are feeling big emotions and are overwhelmed at times, what do you do?

- "Listen to music "

- "If I get too many emotions or worries, I tend to panic and overthink lots of things. I try to remember to ground myself or distract my thoughts, but more often than not I let myself get overwhelmed."
- "Go for a walk or talk to someone "
- "Listen to music "
- "Cry"
- "Sometimes talk, go out with friends, go to the gym."
- "Shut off "
- "Talk to my mum "
- "Usually try to mask unsuccessfully. Would like to share but worry it would burden"
- "Go for a drive. Lay in bed and scroll on social media."
- "vape "
- "Go for a walk"
- "Keep to myself then cry later on my own"
- "Talk to a close friend if I can, if not then listening to music or having a smoke to calm myself down"
- "Do one of my hobbies or interests"
- "Have some time to myself, seek isolation "
- "I talk about it, I let it linger in my brain or I do something to take my mind off of it"
- "Get the kettle on for a brew"
- "music "
- "I have an unhealthy habit of going into a state of panic and zoning out and I sometimes scratch at my arm whenever I become too stressed or scared in a situation, but this is a rather extreme and somewhat rare reaction. Most of the time I'll just become a bit numb and I'll just zone out or doom scroll on my phone until I become distracted."
- "Often don't but distractions work"
- "Push through or distract"
- "stare blankly at a wall and maybe have a cheeky cry"
- "Silent meltdowns or ignoring it "
- "Try and distract myself with games or painting or similar"

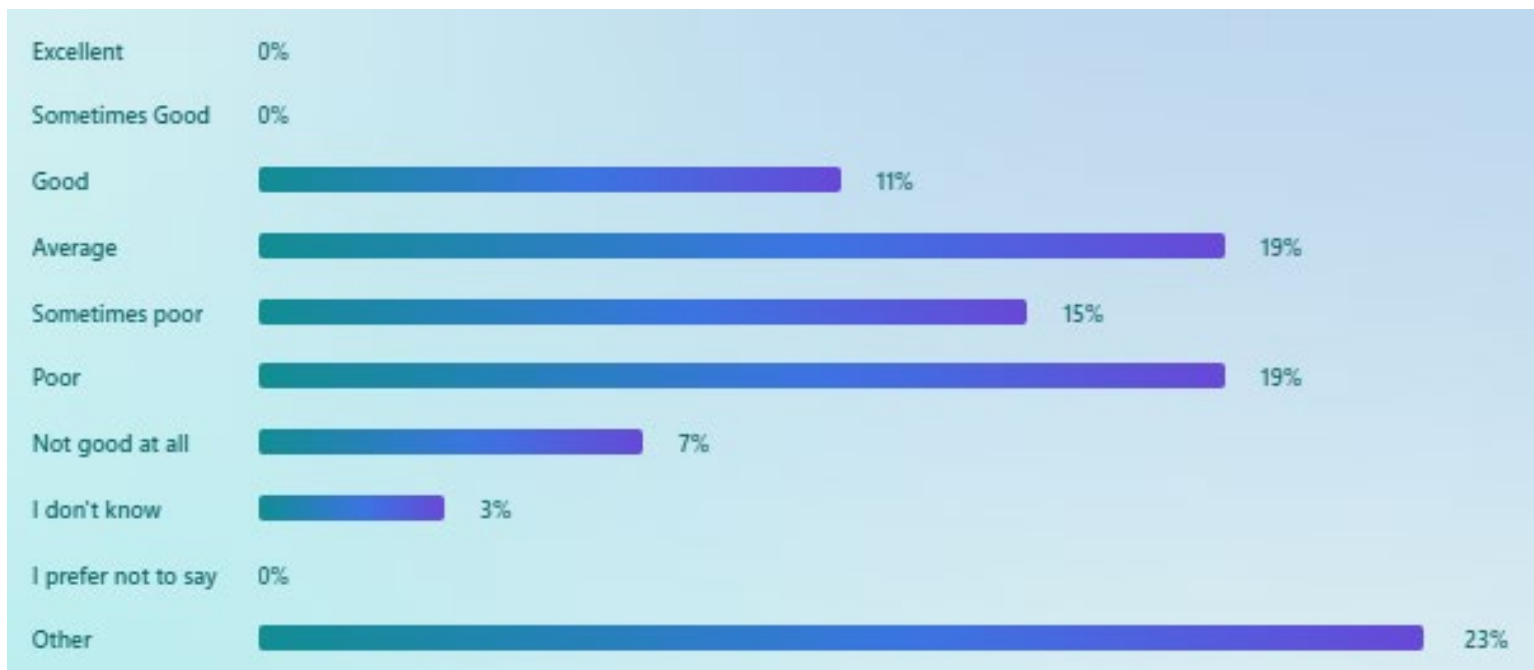
How confident do you feel asking for help about your personal mental health?



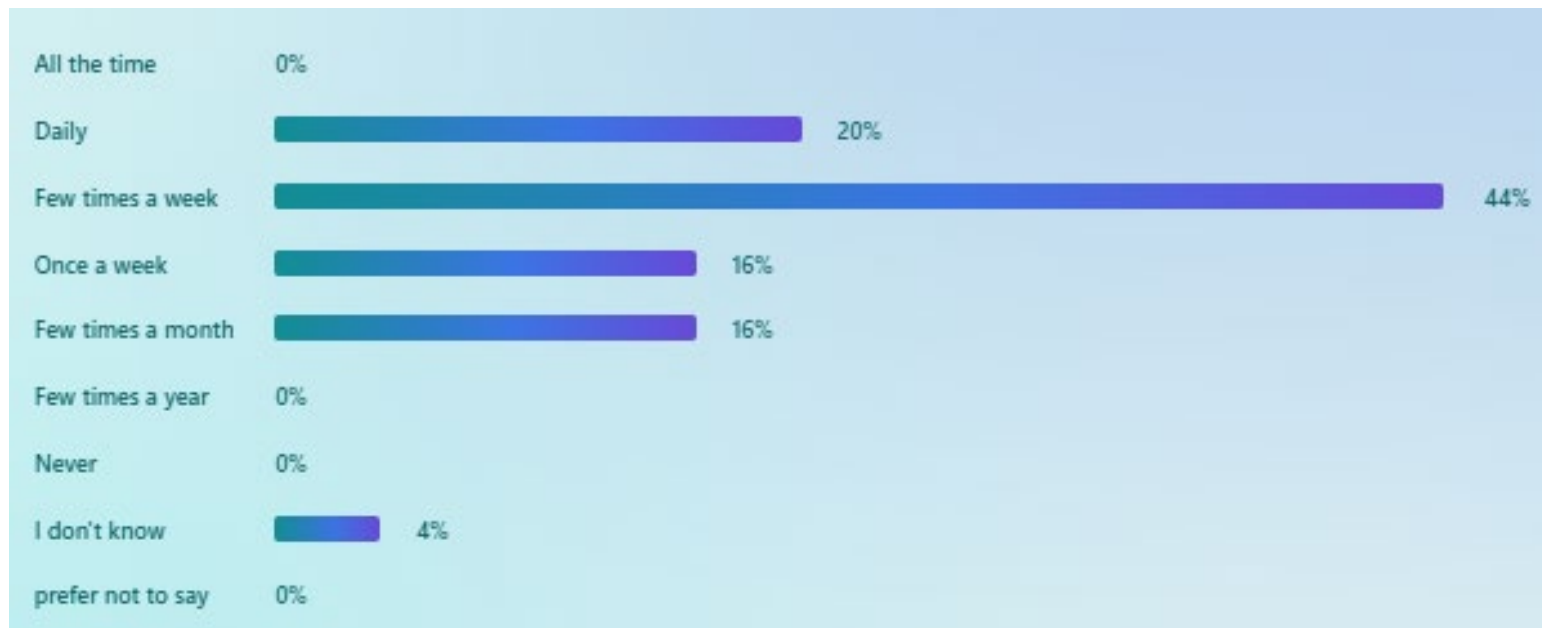
How likely are you to ask for help when you are struggling?



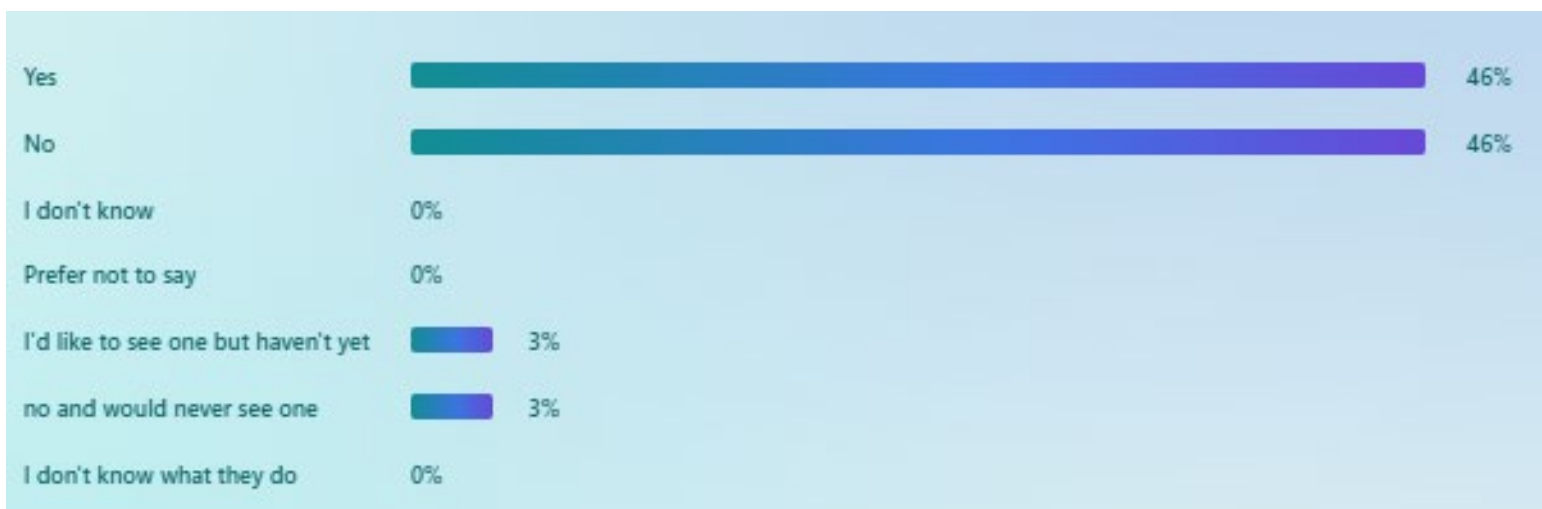
Overall, how would you rate your mental health?



### How often do you feel positive about yourself and life?



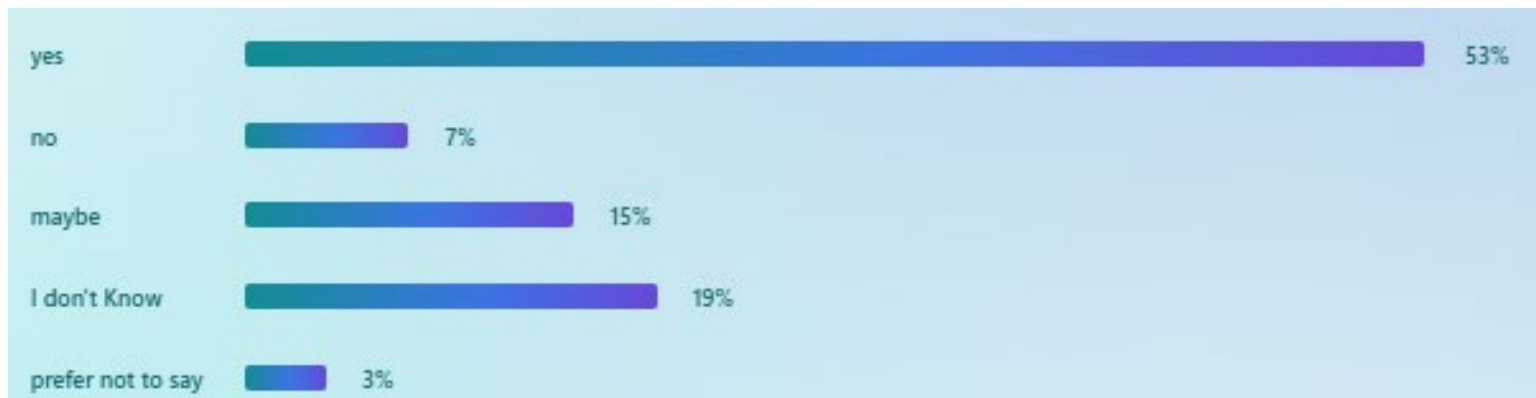
### Have you ever seen a therapist before?



### How many hours of good quality sleep do you have most nights?



## Have you suffered from any mental health related issues?



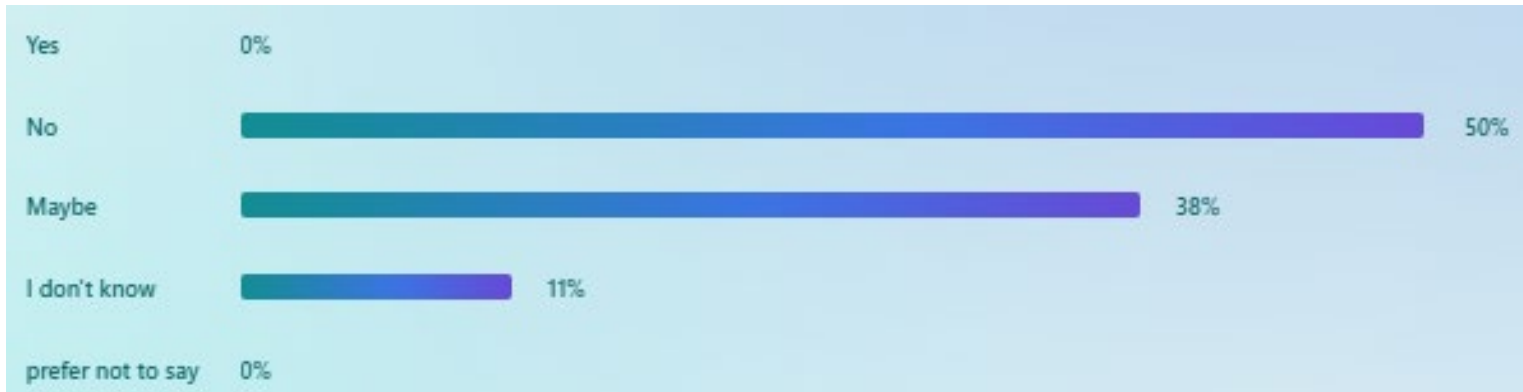
## How does your mental health affect your life?

- "I have sensitivities to sounds and sometimes get anxious when interacting with people. This can have an affect on my relationships or how I think other people are perceiving me."
- "doesn't affect me as much as it previously did."
- "Poor self esteem"
- "Being miserable"
- "Affects my sleep, how I feel about myself, my mood."
- "I suffer with PTSD and the reason behind this stops me from being able to access certain things."
- "I have ups and downs and know this is normal. When things feel harder I tend to go quieter until it passes and I feel better again. "
- "I honestly have no idea. I have never been diagnosed, sometimes I feel great and want to share everything, other times I would rather be isolated."
- "Affects performance at Work and home life."
- "i dont know"
- "Stops me from doing daily things "
- "Emotional/physical wellbeing, socialising and mood"
- "Family life"
- "just like general life, not massively just like a lil bit"
- "Day to day"
- "day to day life "
- "Quite a lot of them. I have OCD as well as RSD which is heightened by trauma I've experienced with ex friends or my parents. The OCD is something I've dealt with since i was 7 and has impacted a large portion of my life, especially my childhood. With the other aspects it greatly impacts my relationships with other people, such as my friendships as I spend a lot of time worrying if the people I'm interacting with genuinely like me or not, which can become quite draining. Especially around this type of year as my seasonal depression is quite bad and can cause a lot of more intense mood swings between happy and sad. "
- "Relationships "
- "Work and relationships"
- "Essentially all areas, mental health is all encompassing it's you "



- "hobbies, socialising "

As a young man, do you think males are comfortable talking about their mental health?



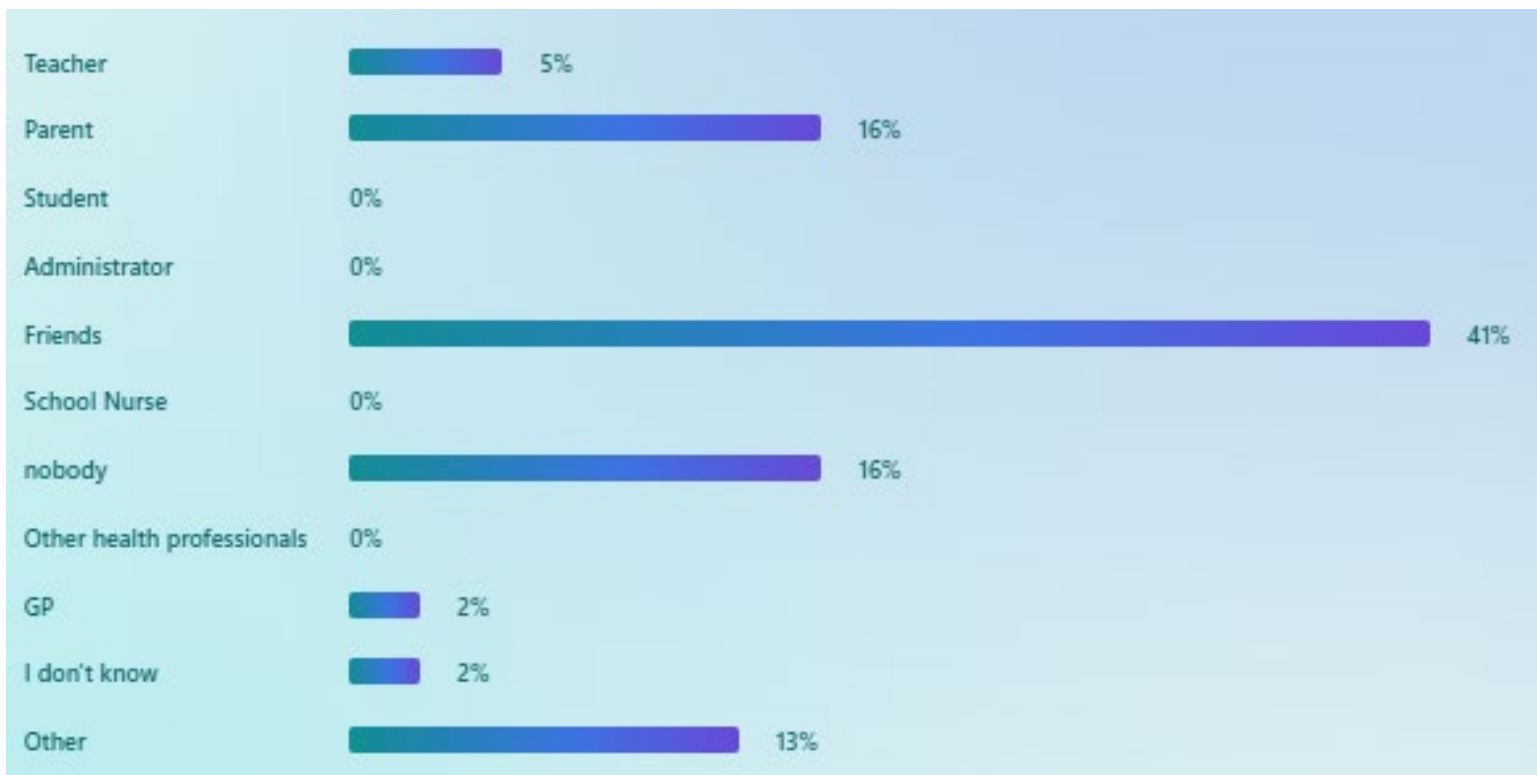
Why?

- "In my experience some are whilst others are not."
- "just naturally don't speak to each other about problems they have with each other."
- "Ego"
- "Because people think that they need to man up"
- "Some people are not comfortable about discussing personal items"
- "Friends who are interested are key, mine know me well and I know them so we make sure we are ok. I wouldn't talk about my feelings in groups of friends, men tend to just pretend everything is ok even when it isn't. "
- "Everyone different, I have friends who talk about their feelings and others that don't. "
- "Insecure/ worried about burdening others."
- "Feels awkward to talk about it"
- "i dont know"
- "Always got on with it"
- "Society has pushed on us that men shouldn't talk about feelings"
- "I think it's getting better for men to talk about their emotions but many men still would not due to social stereotypes "
- "Some are and still some aren't"
- "Societal standards of masculinity have not encouraged men to speak out about their mental health, I think we keep it hidden away because we believe in having to be strong."
- "I think it's more complex than that because even men can be comfortable and still feel afraid to show that side of themselves"
- "Current social climate"
- "there has been a massive push towards 'talking about men's mental health' but that more often than not is just performative"
- "I believe it's difficult to answer as I'm not every man ever. I do believe that men are more likely and feel more comfortable talking about their mental health nowadays as there's a lot more open discussion about mens mental health and it's made to be more of a point to not judge men for having negative emotions. However, a lot of men still have that toxic mindset at the back of their head and will avoid reaching out to anyone because of that,

whether it's because that mindset is something they truly believe in, or just because it's been drilled in so much over the years that it's hard to get out of."

- "Some men but not all of them"
- "It's down to the individual, it's a lot better than it once was, but most still keep it to themselves"
- "it depends on the person and who they're talking to"
- "General societal views on men's mental health and that includes men and women in creating this poor harmful view "
- "progression in mental support has opened the way for a lot more men to speak out comfortably"

## Who do you talk to when you feel like you're struggling with your mental health?

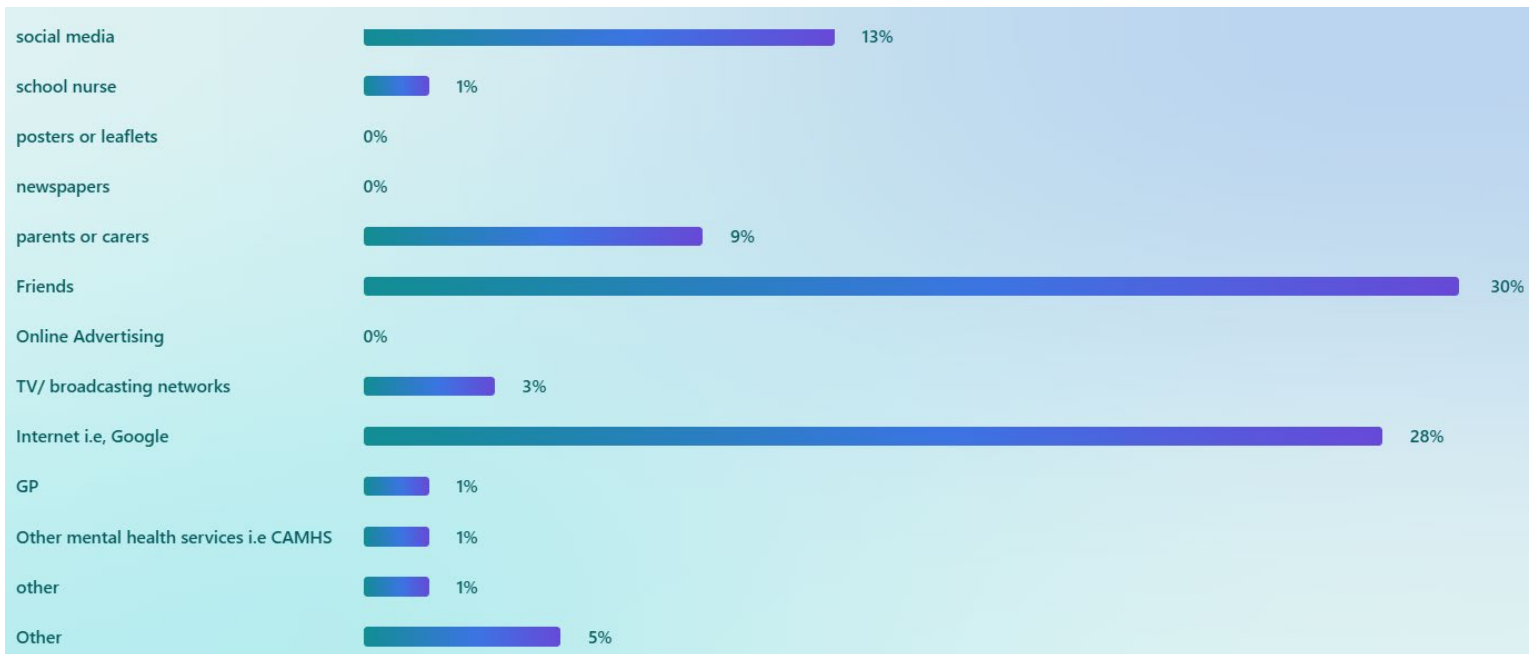


## Who are your role models and why?

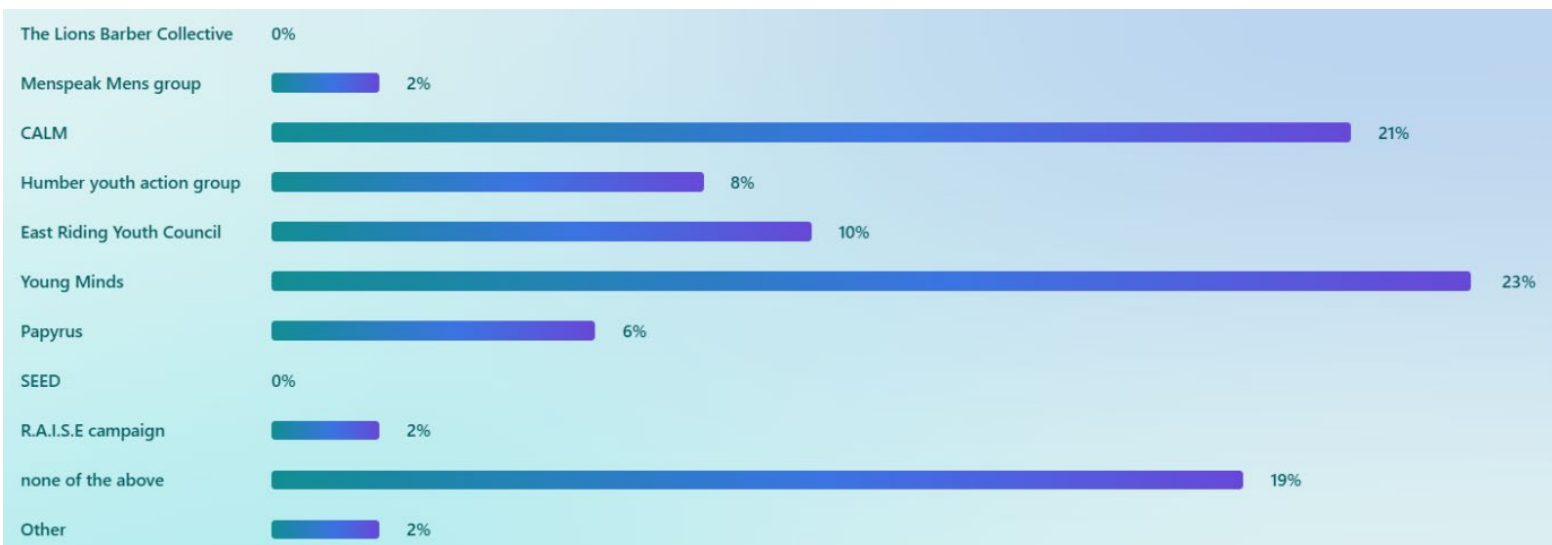
- "Family, friends. The people I look up to most are kind and have good values."
- "friends and family. "
- "Declan Thompson because he is not ashamed of who he is "
- "Dont know"
- "My Mum, she just makes things easy and is really open with me. "
- "My family, because they are very real people with good and bad things. "
- "Parents cause they raised me, somewhat forced proximity"
- "Don't really have any that I know in real life. Sometimes look at famous people for motivation."

- "i dont really have a tole model"
- "Parents - work ethic, persistance"
- "Teachers and people I watch online"
- "I don't think I have one "
- "Second World War service men and women "
- "Stephen Glover, J.B Mauney, Yvon Chouinard, Marcelo Bielsa, Theodor Von Kurnatowksi"
- "I feel very inspired by a lot of my friends, which might be a cheesy answer but they're all very wonderful and kindhearted people. As well as my dad, who is a hardworking and very social man."
- "N/a"
- "I don't think I have one"
- "parents and friends mostly"

### Where do you currently look for help or go to for support?



## Do you know what these things are and what they are for?



## Is there anything you would like to know about men's mental health, and if so, what questions would you ask?

- "I think things like this need to be more hard hitting as more boys and men are likely to kill themselves. It's a hard truth that needs to be spoken about more. "
- "I don't have any questions "
- "No"
- "I would like to know more about the stigma behind men's mental health"
- "Maybe how to get a therapist easily?"
- "I can't think of anything specific, genuinely the only thing that comes to mind is more discussion about OCD as it's a very stigmatised and stereotyped disorder, but I would want that to be discussed as a whole rather than just in men. Besides that, there's nothing I can particularly think of as I believe the world has progressed really well in regards to discussions about mens mental health."
- "The varying degrees of it - theres a lot of grey not just black and white"
- "Why don't more of us speak out? Why is it harder for men to be honest about mental health?"
- "General societal views on mental health and those views who don't suffer from poor mental health "
- "What local resources are available for health and for free?"

# Girls, young women and others section

## Results

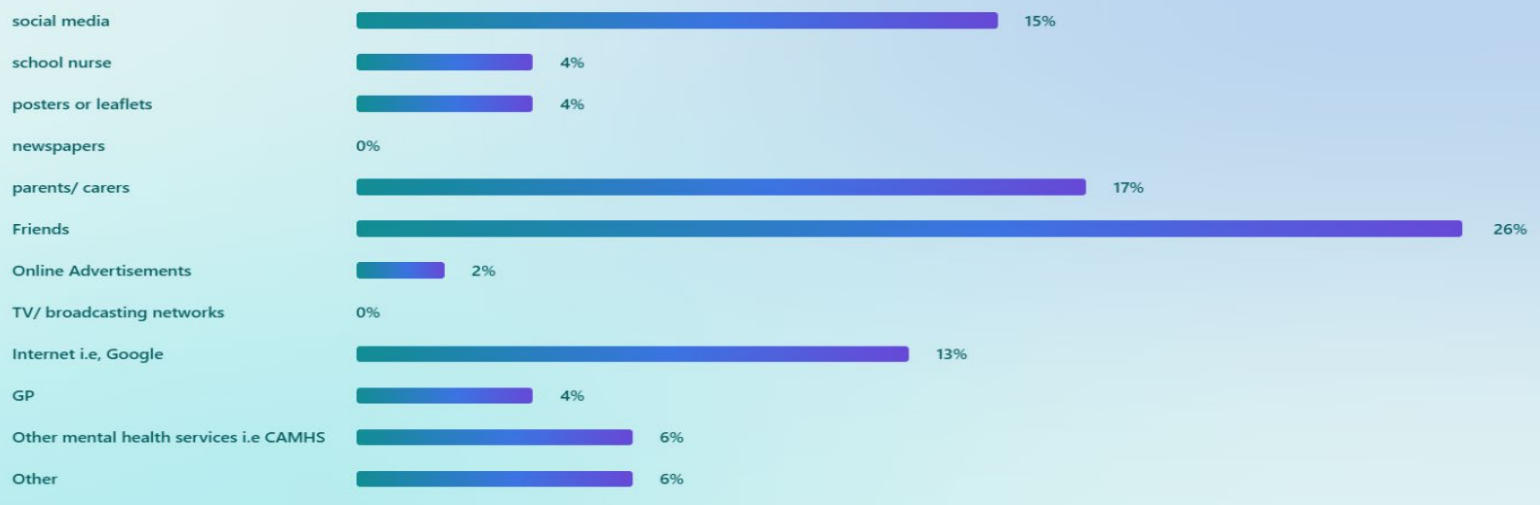
### Who are your role models and why?

- "Some friends and family"
- "Family and teachers"
- "Taylor Swift because she's just iconic"
- "My family mainly farther"
- "My dad and my sister because I want to be like both of them when I'm older "
- "leonardo dicaprio because he is the person who inspired me to start an acting career in the future. my grandad also inspired me to write my own music and play live in front of people."
- "My parents and my older brother because they I am able to talk to them and look up to them"
- "My favourite singer as I relate to her "
- "mum"
- "mum"
- "Grandma, grandad, dad"

### Do you know what these things are and what they are for?



## how do you access support/ look for support?



## Is there anything you would like to know about men's mental health, and if so what questions would you ask?

- "how do they feel about stereotypical mental health for males?"
- "If they feel able to talk to someone and not feel so closed up"
- "A subject that could be covered is how society often expect men to keep struggles to themselves and be "strong" as it can be quite damaging to keep things to yourself "
- "how gender roles negatively effect men as well what declining mental health/suicide ideation or tendencies look different in men compared to other identities trans/queer mens mental health body issues in men how mens poor mental health is often preyed upon by extremist ideals the expectation of women to be responsible for mens mental health in relationships "
- "Why is there a stigma behind it? They're human, just because there a man doesn't mean it's any easier to access support either."

## Conclusion

Ultimately, within the results of the survey, it can be said that young people want more education and information about boys and young men's mental health. It can also be said that there needs to be more promotion of already available resources as there is a trend of gaps in knowledge within young people of what resources there is to help and what organisations there are to help support young people with their different issues. Overall, the survey was very well responded to, with insightful results and useful data.

## Recommendations

- Send out the report.
- Send out all boy's school consultation with focus groups.
- Develop more resources with partners to address needs specifically for boys and young men.