“By young people, for young people.”

International Men’s Day Webinar: Men’s Mental Health in these Challenging Times

19th November 2020
HOW’S YOUR HEAD
Young Voices During COVID-19
2,173 Young People Asked four open-ended questions
Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Count</th>
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<tr>
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<tr>
<td>23</td>
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<tr>
<td>24</td>
<td>133</td>
<td>6%</td>
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</table>
Urban / Rural

Prefer not to say: 51 (2%)

Mainly Rural: 884 (41%)

Urban: 1238 (57%)
Gender identity

- Female: 113 (51%)
- Male: 998 (46%)
- Transgender/ non-binary: 35 (2%)
- Prefer not to say: 27 (1%)
Young Men: Challenges

• Most common negative effects relate to mental health
• Young men in rural areas twice as likely as those in urban areas to feel isolated
• Just under a third (31%) of young men said they missed their friends
• Young men were more likely to report loss of social life (12%) as a challenge
• Young men were also more likely to report reduced sporting / exercise options (9%) as a challenge
Young Men: Challenges

- Young men were less likely to report health issues (14%) as a challenge.
- Young men were less likely to report school/college problems (13%) as a challenge.
- Young men were less likely to report cabin fever/isolation (14%) as a challenge.
- Young men were less likely to report missing family (8%) as a challenge.
One in ten young people could not name any positives they wished to carry forward (11%)
Young Men: Positives

Things young men want to continue:

- Exercise and healthy diet (27%)
- Self-care (14%)
- New hobbies (11%)
- Self-development (11%)

Less likely to report wanting to continue a simpler, slower or quieter life (4%).
Young Men: Future

How young men feel about the future:

- Optimistic (43%)
  - Young women (32%)
- Anxious (25%)
- Pessimistic (17%)

More likely to report feeling optimistic, fearful (15%), accepting (12%) and less likely to feel excited (6%) about the future.
Young Men: What would help?

What young men say would help them to be happy and healthy in the future:

- Exercise and a healthy diet (20%)
  - Young women (14%)
- Supportive family and friends (19%)
- No work or money problems (18%)

Less likely to say education needs met (13%), life balance (7%), and healthcare supports (5%).
HOW’S YOUR HEAD
spunout.ie/howsyourhead
text about it

50808

Text50808.ie
Texter Gender Distribution

Gender Distribution

- Female
- Male
- Trans
- Non Binary
- Unknown

Percentage

Month

Jan  Feb  Mar  Apr  May  Jun  Jul  Aug  Sep  Oct
Top 5 Issue Tags

1 January - 31 October 2020

- Anxiety/Stress
- Depressed/Sadness
- Isolation/Loneliness
- Relationships
- Suicide

% of Conversations

Month - Year

January 2020: 52.57%
February 2020: 37.44%
March 2020: 29.34%
April 2020: 27.43%
May 2020: 14.49%
**Issue Tag: Substance**

*Young Men (Age 16 - 34)*

- Overall average conversations where substance use was mentioned
  - Young Men - 6.06%
  - Overall - 3.55%

**Issue Tag: Suicide**

- Overall average conversations where suicide was mentioned
  - Young Men - 16.38%
  - Overall - 17.71%
Overall 66% of those identifying as men and 64% of those identifying as women mentioned an experience or shared feelings with 50808 they have not shared with anyone else.
“My volunteer was the first person I’ve told about how hard things are lately. After a really hard month I’m going to call my doctor tomorrow and tell them what’s been going on. Something I definitely wouldn’t have done had I not texted tonight.”

“I was having a really bad night and got very inside my own head, the volunteer that I was speaking with was so kind and helpful and made me feel like I matter and that I can manage my anxiety!”

“It was a small, short chat, but it was a moment where I wasn’t lonely, where someone wanted to know how I was. I can’t thank you enough for that.”

“I appreciated the help. It was brief, but I was sad and crying and feeling really adrift. I couldn’t get a hold of anyone in my life and I needed something to anchor me. The chat really stopped me drifting further into my head.”
Thank you,
Questions?

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SpunOut.ie
Text50808.ie