



MEN'S MENTAL HEALTH & ADDICTIONS

Mens Health Night



Why This Matters

- Mental health affects 1 in 5 NZ men each year
- Often goes unspoken, especially in rural areas
- Stress, pressure, and isolation are common triggers
- Alcohol is often used to cope but can worsen issues
- Early support leads to better outcomes

Common Signs in Men

- Irritability or anger (not just sadness)
- Withdrawing from family or friends
- Loss of motivation or enjoyment
- Sleep problems
- Low energy or constant fatigue
- Using alcohol to unwind or cope

SELF CHECK

- Feeling overwhelmed or stressed?
- Drinking more than you used to?
- Struggling with sleep?
- Less interested in things you enjoy?
- Avoiding people or situations?
- Using alcohol or substances to cope?

Alcohol & Drug Use

- Alcohol is the most common substance used in NZ
- Risky drinking: more than 6 drinks in one session
- Regular use to cope is a warning sign
- Other substances (cannabis, meth, cocaine) increasing
- Dependency often develops gradually

Resources you can access now

- Beatingtheblues.co.nz
- tend.nz/medical-services/mental-wellness, for telehealth mental health
- Groov app
- Small steps app

NZ & Local Snapshot

- 14% of adults report high psychological distress
- Men less likely to seek help
- Higher suicide rates in men
- Rural communities face access barriers
- Alcohol contributes significantly to harm

RED FLAGS – SEEK HELP URGENTLY

- Thoughts of self-harm or suicide
- Loss of control with alcohol/drugs
- Severe mood changes
- Withdrawing completely
- Impact on work or family

Talking to Your Doctor

- "I'm not coping like I used to"
- "I've been feeling stressed and overwhelmed"
- "I think my drinking is getting out of hand"
- "I'm struggling with sleep and energy"
- "I need help but don't know where to start"

Local Support (Mid Canterbury)

- Rural Support Trust – free, confidential support for rural stress and wellbeing
- Can help with farming pressure, finances, isolation and mental health
- Ashburton Community Alcohol & Drug Service – counselling and support
- 1737 – Need to talk? Call or text 1737 (24/7 free support)
- Lifeline 0800 543 354 or free text 4357

Accessing Help Through Your GP

- Your GP is a great first step for support
- Local services include a Health Improvement Practitioner and Mental Health Nurse
- Rachael Scott (HIP) and Connie Quiggly (MH Nurse Specialist)
- Speak to your medical centre about accessing these FREE services
- Quick access, practical support, and no long wait times

You don't have to do this alone. Getting help is a strength.