



ADDITIONAL RESOURCES COMPILED BY OUR VOLUNTEER TEAM

Scientific Publications

Whitley, R. (2018). [Men's Mental Health: Beyond Victim-Blaming](#). Canadian Journal of Psychiatry, 63(9), 577–580. <https://doi.org/10.1177/0706743718758041>
Editorial on the importance of firstly developing research around male mental health, and secondly avoiding "victim-blaming" discourse within this research

Johnson, J. L., Oliffe, J. L., Kelly, M. T., Galdas, P., & Ogradniczuk, J. S. (2012). [Men's discourses of help-seeking in the context of depression](#). Sociology of Health and Illness, 34(3), 345–361. <https://doi.org/10.1111/j.1467-9566.2011.01372.x>
Qualitative study providing a discourse analysis around the help-seeking behavior of men with depression in various stages of severity. Concludes the most common themes to be manly self-reliance, guarded vulnerability, desperation, treatment seeking as responsible independent action, and genuine connection.

News Articles

[Psychology Has a New Approach to Building Healthier Men: A controversial set of guidelines aims to help men grapple with "traditional masculinity."](#) (The Atlantic, 2019)
Introduces new guidelines published for psychological care of men by the APA, and the resulting discourse around values traditionally pegged as masculine.

[Why more men than women die by suicide](#) (BBC Future, 2019)
Gives statistics highlighting the urgency of the issue as well as some activities and possible solutions, while recognizing that there are no easy solutions. At the end also includes mention of some useful numbers for people to reach out to.



Other Resources

[Suicide](#) (Our World in Data)

Shows the latest data on suicide through graphs and charts. Data is produced by researchers and institutions such as WHO and then collated in this data base linked to the University of Oxford.

[We need to talk about male suicide](#) (TEDxTalk by Steph Slack, 2018)

Very interesting video about accepting the fact that man can have suicidal thoughts, but we should question how we react to those and the role of men in society.

[How Do You Stop Men Taking Their Own Lives?](#) (TEDxTalk by Ben Akers, 2020)

Eighty Four: poetry book on male suicide, mental health, vulnerability and hope (project of the organization CALM)

[World Suicide Prevention Day](#) (Healthwatch, 2020)

[International Association for Suicide Prevention](#) - Website

[Survivors of Bereavement by Suicide](#) - Website

[Mind: for better mental health](#) - Website

[Steve: The Documentary](#) - Website

[OurKidsOurLives](#) (Crowdfunding Campaign)

GoFundMe for the next project of film producer Ben Akers



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Other Resources

[The Making of Steve](#) - Blog by Ben Akers

[Talk Club](#) - A project by Ben Akers
Including also a [facebook group](#) and this [flyer](#) for further use.

[Youtube Channel](#) of Jon Holmes

[What's going on in your head?](#) - Website

[Talk it out](#) - Website

[Speakers Collective](#) - Website

[Let's talk about loss: talking through the taboo](#) - Website

[Beatbox adventures](#) - Website

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Global Health Film
10 Queen Street Place London EC4R 1BE

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