With all the information laid out, I'll end it here. Thank you for reading my tips. I know it's short but I didn't want to bore anyone. I hope you enjoyed my insight on the topic of mental health. It's been something that sparked my curiosity in the day to day world. I listed helpful links, numbers, and tips in the back page and cover to hopefully help anyone in need, have a lovely day, afternoon, or night.

- http://www.nsho.org/index.html
  Offers information on the different mental health disorders

- http://www.betterhelp.com
  Offers affordable e-counseling/online counseling

- 1-877-SAMHSA (1-877-726-4727)
  Oft general information on mental health and locate treatment services in your area. Also offers a live person to speak with you. Mon-Fri from 9am to 8pm EST

- 1-800-273-8255
  Offers a 24/7 suicide prevention hotline

- 1-800-799-7223
  Offers phone support to people experiencing domestic violence.

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Take time to laugh.
Hang out with a funny friend,
watch a comedy movie,
or check out cute or funny videos online.
Laughter helps reduce anxiety.

Relax in a warm bath once a week.
Try adding epsom salts,
they often soothe aches and pains.
It also boosts magnesium levels,
which depletes with stress.

Take 30 minutes to go for a walk in nature.
It could be a stroll through the park,
or a visit to the woods.
Research shows,
that being in nature can positively help energy levels,
or even reduce depression.
The Questions

1. What ethnicity are you/family as?
2. How do you view therapy/counseling
3. Would you see yourself going?
4. I'm currently studying why males have a difference in mental health rates and I've witnessed some cases of males not taking therapy due to it being "weaker" do you see emotions as such?
5. Do you think masculinity has a part in why males don't seek help for their mental issues?
6. Do you think females should be more open and honest about their feelings than guys? If so why?
7. In your opinion do you think the reason for there being a difference between male and females being diagnosed more often is due to the way females are treated?
8. How old are you?

16yr Old English Male

"I believe that everyone should see a therapist/counselor at least once in their life. It helps people realize and see things that they probably would not have ever thought of. I personally do not see men being open about their emotions as weak. Masculinity is certainly responsible for why males will refuse to see a therapist/counselor. The social standard of being strong and emotionless ultimately hurts males from coming to terms with severe mental issues. I think that everyone should be open about their feelings to each other. A lot less problems would result from such. I'm certain that that's a reason but I'm not sure if it's the definitive and only reason.

17yr Old White Male

"I think it could be helpful for people but probably not because I am a very isolated person and would be scared to get therapy, PERSONALLY no because if I wasn't such a closed off person I would see it as I would be sh*t on or something, but honestly maybe it would be some men who take masculinity way too far. I don't know how but I'm pretty sure it just depends on the person I guess, yeah I believe so since generally people treat females with more care."

18yr Old Filipino Hispanic Male

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17yr Old Mexican Male

"Therapy can be very helpful, I go to it already. Emotions show empathy for the world around you then a weakness of yourself. In a sense it's a strength. As a past guy I'd say it has something to do with confidence. I have to be manly for girls to like me. I think we tend to do that because we were never pressured to "be strong". I think it could because many females are often treated as a priority due to past minority and less rights."

18yr Old Filipino Hispanic Male

"I hate it, honestly I believe that therapists/counselors never care and only do it for the money. I don't see emotions as being weak. And I don't think that masculinity has a part in why they don't seek help. I think it's because of the environment they grew up in and the company they kept. I don't think females should be more naturally open with their feelings than guys because it would be like invalidating guys feelings, and I agree with question 5."

18yr Old English Male

"I do need therapy 100% but I just don't go in for it. I'm lazy, also I don't want to spend money on something I can fix by myself. I see emotions as a way to prove you care about the world. I think masculinity as a way of being strong and to not show emotion, now a days I feel like masculinity has a big effect on mental health because our grandparents and parents all grew up in the time when being male meant you had to be masculine and thus they get yeller at or even abused, thus turning into mental health issues. I feel like everyone should be honest with their feelings, feelings are what makes us see that we are all alive, animals have feelings too y'know ok I'm going to stop there. Everyone has feelings and should be open about it."

18yr Old Asian Male

"Therapy is a necessary part of life for some people. It's a good way for people to explain their feelings and get the help they need. So overall a positive thing. I need therapy if I'm not. No feelings are an important part of everyone and they have a bias. It's both a society and what men in general think about the term "masculinity" but overall it does affect at least a tiny bit. Many people are people. Someone should express something because of what they are. Although girls do tend to share their feelings more than guys do. Probably, Hard to say honestly."

18yr Old English Male

"I don't know that I've never had it. I can't really judge something that I have no experience in, though if presented an opportunity to receive therapy I would take it. I can see that, I usually enjoy emotions being a big factor. Therapy being the thing that "hurt or mental kids" are apart of thinking they'll be associated with them which is personally dumb. Just be yourself really, I actually don't know, I never thought of that. It could be?"

19yr Old English Male

"I think I need therapy so I'd definitely see myself doing it. I don't like emotions, and it's the toxic masculinity that makes men almost scared to express themselves. I don't think that women and men should express emotions differently. I think that if you want to show them then do that and if you don't, don't."

20yr Old Hispanic Female

"I view therapy as a positive and beneficial thing, not only to the person attending but those around. I definitely see myself doing therapy. I am currently in therapy for my body image and anxiety, which is very helpful, because before it was used to be bad for me and those around me like my family and partner. I don't see men who do therapy as weak, I actually think men should actually be more open with their emotions. It's such a big stigma in many places that men should withhold their emotions, masculinity has a huge role to play in it, such as in my culture. Masculino, which is like manly pride plays a big impact, men are normally babied but are supposed to be the strong man that provides for their families and can not show any weakness. So I think with the sense of manly pride they rather not look for help for fear of looking weak and vulnerable. When I saw women are naturally a bit more open with expressing their feelings and society making them seem more emotional. I think it's still up to a person to decide how open they wanna be. I personally am an open-book. But I understand some women prefer to not be so emotional. I think there's a difference between men and women because I believe women are more likely to seek help for their mental health rather than men. People are usually more okay with women getting help because they are "naturally" weak. Which I don't agree with, but based on my experience women I know act as the getting help is worse than not getting help."

18yr Old Indian-American Male

"I have a therapist now. I think it can be really helpful for people. Although I think people don't meet with enough therapists. If you just stay with the first one you meet, they might not be right for you and someone you can't connect with can't help you. 100% from when we're kids (and I think this is changing more now as it's still short too common), we're taught and we internalize that men are supposed to be macho and strong, and that crying and talking about how you feel is unmanly, emotions most certainly aren't weak, and actually facing them is so much harder than just pushing them back and pretending everything is ok. 'm lucky to be in a situation where I can always tell someone how I really feel, but so many people aren't and therapy is an amazing outlet for it and is definitely not "weak". There are other types of therapy which are more "manly" like destroying items like glass, tv's, and broken down cars. I don't think so at all, everyone should be taught to open up and be honest about their feelings no matter their gender or sex. It's not a "feminine" thing to have good mental health. Men just pushing their feelings down shouldn't be normalized. Even if someone pushes for you to show them, but for women to share more, that's not a good enough solution. That still leaves men in positions where they feel they're scared to share. Even if they're in an amazing receptive environment, the thought that they could be judged is always at the front of people's minds and that can't be the future of our society. Yes women (and to be honest everyone who's not AMAB) are treated with much respect and gentleness while people who are AMAB are treated worse by society in terms of mental health. I'm not saying women aren't treated awful by society, it's 'f*cking hard for them too, but when it comes to mental health people are much more receptive to them. I mean I wouldn't know how most women are treated but I can say from what I've seen, women are treated like objects FAR too much and there's tons of shit that needs fixing, but I think the mentality has changed since the 20th century and there's much more awareness and gender equality even if it's nowhere near as close as where it should be."