

INTERNATIONAL JOURNAL OF LAW MANAGEMENT & HUMANITIES

[ISSN 2581-5369]

Volume 9 | Issue 3

2026

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The Silent Mental Health Crisis among Indian Men

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ABSTRACT

Mental health has emerged as one of the most significant yet overlooked concerns in contemporary society. In India, the psychological struggles faced by men often remain unrecognised due to deeply rooted social expectations surrounding masculinity. Men are traditionally expected to be emotionally strong, financially stable, and capable of enduring personal difficulties without expressing vulnerability. This societal conditioning discourages emotional openness and forces many men to suppress stress, anxiety, loneliness, and depression, ultimately affecting their mental well-being. Despite increasing awareness regarding mental health, discussions surrounding men's emotional struggles continue to receive limited social and legal attention.

This paper examines the silent mental health crisis among Indian men through a socio-legal and humanitarian perspective. It explores how traditional gender expectations, workplace pressure, family responsibilities, financial burdens, relationship trauma, and social media culture contribute to the declining mental health of men in modern society. It further analyses the impact of emotional suppression, societal stigma, and selective empathy that often prevent men from seeking professional psychological support. The paper also evaluates statistical data relating to depression, suicide, and substance abuse among men in India, highlighting the seriousness of the issue.

In addition, this paper analyses the legal and policy framework relating to mental healthcare in India, including constitutional protections and the Mental Healthcare Act, 2017. The role of media, digital culture, and modern masculinity in shaping male emotional behaviour is also critically examined. Through a balanced and analytical approach, this paper emphasises the urgent need for awareness, gender-inclusive mental-health policies, emotional education, and accessible counselling systems. It ultimately argues that mental health should be viewed as a humanitarian concern beyond stereotypes, where emotional expression among men is understood with empathy, dignity, and social support.

Keywords: *Mental Health; Masculinity; Emotional Suppression; Indian Men; Gender Expectations; Depression; Suicide; Social Stigma; Modern Society; Socio-Legal Analysis.*

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I. INTRODUCTION

In a society where men are taught to remain strong before they are even taught how to express emotions, silence has become one of the most dangerous forms of suffering. From childhood, boys are often raised with phrases like “men don’t cry,” “be a man,” or “handle it yourself.” These expressions may appear ordinary, but over time they quietly shape a culture where vulnerability is treated as weakness and emotional pain is hidden behind forced strength. While society celebrates men for being providers, protectors, and emotionally unshaken individuals, very little attention is given to the mental burden carried behind that image.

India is witnessing a growing mental-health crisis that often remains invisible because many men suffer silently. Anxiety, depression, emotional burnout, loneliness, stress, and suicidal thoughts are becoming increasingly common among men across different age groups. However, unlike physical illness, psychological struggles are rarely discussed openly. Men are expected to continue functioning despite emotional exhaustion, financial pressure, family responsibilities, workplace competition, and personal failures. In many cases, they are conditioned to believe that asking for help makes them weak or less masculine. As a result, emotional suppression becomes normalised, and pain is silently carried until it reaches dangerous levels.

The rise of social media and modern digital culture has further intensified this issue. Platforms that constantly promote unrealistic lifestyles, success standards, physical appearance, and emotional perfection create immense psychological pressure. Many men compare their lives with carefully edited online realities, leading to insecurity, self-doubt, and emotional isolation. At the same time, online culture frequently mocks male vulnerability through memes, stereotypes, and insensitive narratives, making it even more difficult for men to express emotional struggles openly. The modern world has made communication faster but emotional connection weaker.

The seriousness of this issue is also reflected in statistical data. Reports released by the National Crime Records Bureau consistently show that a significant percentage of suicide victims in India are men. Financial stress, relationship issues, unemployment, social pressure, and mental-health problems remain major contributing factors. Despite these alarming realities, conversations surrounding mental health often fail to address the emotional struggles faced by men with equal seriousness and empathy.

From a legal and humanitarian perspective, mental health is closely connected to the right to life, dignity, and well-being guaranteed under Article 21 of the Constitution of India. The Mental

Healthcare Act, 2017 also recognises mental healthcare as an important aspect of human dignity and protection. However, legal recognition alone is insufficient unless social attitudes toward men's emotional health also begin to change.

This paper examines the silent mental-health crisis among Indian men through a socio-legal and psychological perspective. It explores how traditional masculinity, societal expectations, emotional suppression, workplace pressure, social media culture, and lack of emotional support systems contribute to the declining mental well-being of men in contemporary society. It further analyses legal frameworks, social stigma, and the urgent need for awareness, empathy, and gender-inclusive mental-health reforms. The aim of this paper is not to create conflict between genders, but to highlight a neglected humanitarian issue that deserves recognition, understanding, and meaningful societal attention.

II. UNDERSTANDING MENTAL HEALTH AND MASCULINITY IN MODERN SOCIETY

Mental health is an essential part of human well-being that affects how a person thinks, feels, reacts, and handles everyday situations. It is not limited only to serious psychological disorders but also includes emotional stability, stress management, self-confidence, and the ability to maintain healthy relationships. According to the World Health Organization, mental health is a state in which an individual can realise personal abilities, cope with normal stresses of life, and contribute positively to society.¹ In recent years, awareness regarding mental health has increased globally, yet the emotional struggles faced by men continue to remain one of the least discussed issues in society.

Masculinity is often socially associated with strength, dominance, emotional control, and responsibility. In India, traditional ideas of masculinity have existed for generations, where men are expected to become providers, protectors, and emotionally stable figures within the family.² From a young age, boys are frequently taught to avoid showing fear, sadness, or emotional vulnerability because such expressions are viewed as signs of weakness. Statements such as “men should be strong” or “boys do not cry” may appear harmless, but they slowly create emotional pressure that affects mental well-being over time.

The evolution of modern society has further complicated male identity. Men are expected to achieve financial success, maintain social status, support families, and constantly prove their worth in competitive environments. At the same time, emotional support systems for men remain extremely limited. Unlike women, who are generally encouraged to express emotional

¹ WORLD HEALTH ORGANIZATION, MENTAL HEALTH: STRENGTHENING OUR RESPONSE (2022).

² R.W. CONNELL, MASCULINITIES (Univ. of Cal. Press 2005).

pain openly, men are often expected to suppress emotions and continue functioning regardless of mental exhaustion. This emotional repression gradually develops into stress, anxiety, loneliness, and depression.³

Another important issue connected with masculinity is the concept of toxic masculinity, where aggressive behaviour, emotional suppression, and dominance are wrongly treated as ideal male qualities. Such expectations negatively affect not only society but also men themselves. Many men struggle silently because they fear judgment, ridicule, or social rejection if they openly discuss mental-health problems. As a result, emotional suffering becomes normalised rather than addressed.

Understanding mental health and masculinity together is therefore necessary to recognise the social roots of the growing mental-health crisis among men. The issue is not merely psychological but also social and cultural in nature. Until society accepts that emotional vulnerability is a part of human life regardless of gender, many men will continue to suffer in silence without receiving the understanding and support they genuinely need.

III. CAUSES BEHIND THE MENTAL HEALTH CRISIS AMONG INDIAN MEN

The mental-health crisis among Indian men does not arise from a single reason but from the combined pressure of social expectations, emotional isolation, economic responsibilities, and modern lifestyle changes. In Indian society, men are often raised with the belief that their value depends on their ability to succeed, provide financial stability, and remain emotionally strong during difficult situations. From a young age, many boys are conditioned to suppress fear, sadness, or emotional pain because vulnerability is considered incompatible with masculinity. Over time, this emotional suppression develops into internal stress that silently affects mental well-being.

One of the biggest causes behind declining mental health among men is financial pressure. In many families, men are still viewed as primary earners and providers, regardless of changing social conditions. The pressure to secure employment, earn a stable income, support parents, manage relationships, and maintain social status creates constant anxiety.⁴ In a highly competitive economy, unemployment and career instability further increase emotional stress. Many young men struggle with feelings of failure when they are unable to meet societal expectations regarding success and financial achievement.

³ NIMHANS, NATIONAL MENTAL HEALTH SURVEY OF INDIA (2016).

⁴ NIMHANS, *supra* note 3.

Workplace pressure also plays a major role in affecting male mental health. Long working hours, job insecurity, unhealthy competition, and fear of professional failure often lead to emotional exhaustion and burnout. Modern corporate culture frequently promotes the idea that men should remain productive and emotionally unaffected regardless of stress levels. As a result, many men continue working under extreme mental pressure without seeking professional help or emotional support.⁵

Another important factor contributing to this crisis is loneliness and emotional isolation. Although men may appear socially active, many struggle to maintain meaningful emotional connections. Society generally allows women to openly discuss emotional pain with friends, family, or support systems, whereas men are often expected to deal with problems privately. This lack of emotional expression creates loneliness even in crowded environments. Relationship failures, breakups, divorce, and family conflicts further deepen emotional instability, especially when men feel they have nobody to confide in.

The rise of social media has also intensified psychological pressure among men. Digital platforms constantly expose users to unrealistic lifestyles, financial success stories, physical appearance standards, and idealised relationships. Many men compare themselves with these online portrayals and begin to feel inadequate or unsuccessful.⁶ Social media validation culture, where self-worth becomes connected to likes, followers, or public approval, creates additional mental stress. At the same time, online spaces often mock male vulnerability through memes and stereotypes, discouraging men from openly expressing emotional struggles.

Psychologically, continuous emotional suppression can lead to anxiety, depression, anger issues, substance abuse, and emotional burnout. According to mental-health studies, men are less likely than women to seek therapy or counselling because they fear social judgment and humiliation.⁷ Many believe that discussing emotions may damage their image of strength or masculinity. Consequently, emotional suffering remains hidden until it becomes severe.

The mental-health crisis among Indian men is therefore not merely an individual problem but a broader social issue shaped by cultural expectations, economic realities, and modern digital influences. Understanding these causes is essential to creating a society where men are encouraged to express emotions without fear of shame or rejection. Unless emotional well-

⁵ WORLD HEALTH ORGANIZATION, MENTAL HEALTH IN THE WORKPLACE (2022).

⁶ UNICEF, SOCIAL MEDIA, YOUTH AND EMOTIONAL WELL-BEING (2021).

⁷ AMERICAN PSYCHOLOGICAL ASSOCIATION, MEN AND MENTAL HEALTH REPORT (2020).

being is treated as equally important as financial or social success, many men will continue to suffer silently behind the image of strength imposed upon them.

IV. SOCIETAL EXPECTATIONS AND EMOTIONAL SUPPRESSION AMONG MEN

One of the most ignored reasons behind the growing mental-health crisis among men is the emotional pressure created by society itself. In many cultures, especially in India, men are expected to appear mentally strong, emotionally controlled, and capable of handling every difficulty without breaking down. From childhood, boys are often taught that expressing emotions such as sadness, fear, or vulnerability is a sign of weakness. Phrases like “be a man,” “men don’t cry,” or “stay strong” become deeply rooted in their mindset and slowly shape how they deal with emotions throughout life.

These societal expectations create a dangerous environment where emotional suppression becomes normal. Many men grow up believing that they must hide emotional pain in order to maintain respect and masculinity. As a result, instead of communicating stress, anxiety, loneliness, or depression, they internalise their struggles silently. Over time, this emotional repression negatively affects mental well-being and may lead to anger issues, emotional numbness, anxiety disorders, depression, or self-destructive behaviour.⁸

Gender stereotypes also play a major role in this issue. Society often portrays men as providers and protectors whose value depends on financial success, emotional stability, and physical strength. While women are generally encouraged to seek emotional support during difficult situations, men are often expected to solve problems alone. This unequal emotional expectation creates isolation, where many men feel unsupported even when they are surrounded by people.⁹

Another serious concern is the public ridicule of male vulnerability. In modern social and digital culture, men expressing emotional pain are frequently mocked, dismissed, or labelled as weak. Social media, meme culture, and online narratives sometimes normalise making fun of men’s emotional struggles instead of treating them with empathy. This selective empathy creates fear among men that opening up emotionally may result in humiliation or rejection rather than support.

Modern gender discussions have also influenced how male emotional suffering is perceived. While awareness regarding women’s mental health and emotional rights has rightfully increased, conversations surrounding men’s emotional struggles still remain limited. In many

⁸ RONALD F. LEVANT & Y. JOEL WONG, *THE PSYCHOLOGY OF MEN AND MASCULINITIES* (Am. Psychological Ass’n 2017).

⁹ NIMHANS, *supra* note 3.

situations, male pain is ignored because society assumes men are naturally capable of handling pressure. However, emotional suffering does not depend on gender. Men also experience fear, loneliness, rejection, insecurity, and psychological exhaustion, but social conditioning often prevents them from expressing it openly.¹⁰

The normalisation of silent suffering among men has therefore become a serious social issue. Emotional suppression may appear like strength externally, but internally it damages psychological health over time. Addressing this problem requires society to move beyond traditional stereotypes and create an environment where men feel safe expressing emotions without shame or judgment. Emotional vulnerability should not be viewed as weakness, but as a natural and important part of being human.

V. MENTAL HEALTH STATISTICS AND SUICIDE AMONG INDIAN MEN

The growing mental-health crisis among Indian men becomes more serious when viewed through statistical data relating to depression, suicide, and emotional disorders. Although mental health is often discussed in modern society, the emotional struggles faced by men continue to remain largely invisible. Many men suffer silently without receiving psychological support, and in extreme situations this emotional burden leads to self-harm or suicide. Statistical reports released in recent years clearly show that men form a significantly larger percentage of suicide victims in India, highlighting the urgent need for attention toward male mental health.¹¹

According to the National Crime Records Bureau (NCRB), a majority of suicide cases reported annually in India involve men. Factors such as family problems, financial stress, unemployment, relationship issues, career pressure, and mental illness are among the leading causes behind these deaths.¹² In a society where men are expected to remain emotionally strong regardless of personal difficulties, many individuals struggle to openly discuss emotional pain or seek professional counselling. As a result, psychological suffering often remains hidden until it reaches dangerous levels.

Depression and anxiety disorders among men are also increasing due to changing social and economic conditions. The pressure to achieve financial success, maintain family responsibilities, and meet societal expectations creates constant emotional stress. In many cases, men avoid discussing feelings of loneliness, insecurity, or failure because they fear judgment or social embarrassment. Studies conducted by mental-health institutions in India show that men

¹⁰ WORLD HEALTH ORGANIZATION, MENTAL HEALTH AND GENDER PERSPECTIVES (2022).

¹¹ NATIONAL CRIME RECORDS BUREAU, ACCIDENTAL DEATHS AND SUICIDES IN INDIA (2022).

¹² *Id.*

are less likely to seek therapy compared to women, even when experiencing severe emotional distress.¹³

Substance abuse has also become closely connected with declining mental health among men. Many individuals turn to alcohol, smoking, or other harmful addictions as a temporary escape from stress, depression, or emotional exhaustion. However, instead of solving problems, these habits often worsen mental instability and increase the risk of suicidal behaviour. The World Health Organization has repeatedly highlighted the importance of early mental-health intervention and emotional support systems to reduce suicide rates and psychological disorders.¹⁴

Another major issue is the social stigma attached to therapy and counselling. In many communities, seeking psychological help is still viewed negatively, especially for men. Emotional suffering is often ignored or treated as a personal weakness instead of a genuine health concern. This mindset discourages men from speaking openly about depression, anxiety, or suicidal thoughts.

The statistical reality therefore reflects a much deeper humanitarian issue. Behind every number is a person silently carrying emotional pressure without support or understanding. The increasing mental-health struggles and suicide rates among Indian men show that emotional well-being must be treated with the same seriousness as physical health. Without awareness, empathy, and accessible mental-health support, the silent suffering faced by many men will continue to grow unnoticed.

VI. LEGAL AND POLICY FRAMEWORK RELATING TO MENTAL HEALTH IN INDIA

Mental health is not only a medical or social issue but also an important legal and human-rights concern. In recent years, India has gradually recognised the importance of psychological well-being through constitutional principles, mental-health laws, and public-health policies. However, despite legal developments, awareness and accessibility relating to mental healthcare still remain limited, especially for men who often hesitate to seek emotional support due to social stigma and traditional expectations.

One of the most significant legal developments in this field is the Mental Healthcare Act, 2017, which recognises mental healthcare as a legal right for every individual.¹⁵ The Act aims to protect the dignity, equality, and treatment rights of persons suffering from mental illness. It

¹³ NIMHANS, *supra* note 3.

¹⁴ WORLD HEALTH ORGANIZATION, SUICIDE WORLDWIDE IN 2019: GLOBAL HEALTH ESTIMATES (2021).

¹⁵ The Mental Healthcare Act, 2017, No. 10, Acts of Parliament, 2017 (India).

also emphasises access to affordable mental-health services without discrimination. This legislation marked an important step toward shifting mental health from a neglected issue to a recognised aspect of human well-being.

Mental health is also closely connected with Article 21 of the Constitution of India, which guarantees the right to life and personal liberty. The Supreme Court has repeatedly interpreted Article 21 broadly to include the right to live with dignity, health, and emotional well-being.¹⁶ In *Common Cause v. Union of India*, the Court recognised dignity and autonomy as essential parts of human life, indirectly reinforcing the importance of mental well-being. Similarly, *K.S. Puttaswamy v. Union of India* emphasised privacy, dignity, and individual autonomy under Article 21.¹⁷

The Government of India has also introduced mental-health awareness initiatives and helpline services to improve access to counselling and treatment. However, implementation challenges, social stigma, lack of trained professionals, and unequal healthcare access continue to weaken the effectiveness of these measures. Many men still avoid therapy due to fear of judgment and societal expectations regarding masculinity.

While India has developed an important legal foundation for mental healthcare, stronger implementation, awareness programmes, and gender-inclusive emotional support systems are necessary to address the growing mental-health crisis among men in contemporary society.

VII. MEDIA, SOCIAL MEDIA, AND MODERN MASCULINITY

The growth of media and social media has significantly changed how masculinity is viewed in modern society. Platforms such as Instagram, YouTube, and Facebook constantly influence how men think about success, appearance, emotions, relationships, and self-worth. While social media creates opportunities for communication and self-expression, it has also increased emotional pressure and mental stress among many young men. In today's digital world, masculinity is often measured through wealth, physical appearance, popularity, social status, and professional success, creating unrealistic expectations that are difficult to achieve in real life.

One major issue is the culture of constant comparison. Social media platforms mostly display edited and idealised versions of life where people appear successful, confident, financially stable, and emotionally perfect. Many men compare their personal struggles with these unrealistic online portrayals and begin to feel insecure, unsuccessful, or emotionally

¹⁶ INDIA CONST. ART. 21.

¹⁷ *Common Cause v. Union of India*, (2018) 5 S.C.C. 1; *K.S. Puttaswamy v. Union of India*, (2017) 10 S.C.C. 1.

inadequate.¹⁸ Continuous exposure to such content affects self-esteem and increases anxiety, loneliness, and emotional dissatisfaction.

Another harmful aspect of digital culture is the mockery of male vulnerability. Meme culture, online jokes, and insensitive social commentary frequently portray emotionally expressive men as weak or incapable. In many online spaces, men are expected to suppress emotions and maintain a strong image regardless of mental exhaustion. This discourages open discussions about depression, stress, or emotional pain. As a result, many men suffer silently rather than risk public ridicule or social rejection.

Social media has also contributed to the rise of toxic online masculinity, where aggression, dominance, emotional suppression, and unrealistic standards of toughness are glorified. Influencers and online personalities often promote unhealthy ideas that define masculinity only through power, money, control, or emotional detachment. Young men who constantly consume such content may develop distorted understandings of self-worth and emotional expression.

At the same time, digital life has reduced genuine emotional connection. Although people communicate more online, many individuals feel emotionally isolated in reality. Validation culture, where happiness becomes dependent on likes, followers, comments, or online approval, creates psychological pressure and emotional insecurity.¹⁹ Men who fail to meet these digital expectations may experience loneliness, self-doubt, and stress.

The influence of media and social media on male mental health cannot be ignored. While technology itself is not harmful, unhealthy digital narratives surrounding masculinity have contributed to emotional suppression and psychological distress among men. Creating responsible online culture, encouraging emotional awareness, and promoting healthier representations of masculinity are essential steps toward protecting men's mental well-being in the modern digital age.

VIII. CHALLENGES IN ADDRESSING MEN'S MENTAL HEALTH

Despite growing awareness regarding mental health in modern society, addressing the emotional struggles faced by men continues to remain a major challenge. One of the biggest obstacles is the social stigma attached to male vulnerability. In many communities, men are expected to remain emotionally strong and independent regardless of personal difficulties. Because of this mindset, men who openly discuss stress, depression, or emotional pain are often

¹⁸ UNICEF, *supra* note 6.

¹⁹ AMERICAN PSYCHOLOGICAL ASSOCIATION, EFFECTS OF SOCIAL MEDIA ON EMOTIONAL WELL-BEING (2021).

judged, mocked, or viewed as weak. This fear of social judgment discourages many individuals from seeking psychological help even when they are emotionally exhausted.

Another serious challenge is the lack of awareness regarding mental-health issues among men. Emotional suffering is frequently ignored or misunderstood as temporary stress rather than a genuine psychological concern. In many families, mental-health discussions still remain uncomfortable, leading to delayed treatment and emotional isolation.²⁰ Many men therefore continue to suffer silently without proper emotional support or professional guidance.

Limited accessibility to counselling and therapy services also worsens the situation. Mental-health treatment in India is often expensive and concentrated mainly in urban areas, making professional support difficult to access for many individuals, especially in rural regions. The shortage of trained psychologists, counsellors, and mental-health professionals further affects the quality and availability of care.²¹

Workplace culture also contributes to the problem. Many professional environments prioritise productivity over emotional well-being, leaving little space for mental-health discussions or emotional support. Men working under financial pressure and career stress often fear that discussing mental-health issues may affect their professional image or opportunities.

Another important issue is the absence of male-focused emotional support systems. While mental-health awareness has improved in general, conversations specifically addressing men's emotional struggles still remain limited. Society often assumes that men naturally know how to handle pressure, which leads to emotional neglect.

These challenges show that the mental-health crisis among men is not only psychological but also deeply social and structural in nature. Addressing the issue requires awareness, accessible healthcare, emotional education, and a societal shift that allows men to express vulnerability without shame or fear.

IX. SUGGESTIONS AND FUTURE REFORMS

The growing mental-health crisis among Indian men requires immediate social, legal, and institutional attention. Although awareness regarding mental health has improved in recent years, emotional struggles faced by men still remain highly ignored and misunderstood. Meaningful reforms are therefore necessary to create an environment where men feel

²⁰ NIMHANS, *supra* note 3.

²¹ MINISTRY OF HEALTH AND FAMILY WELFARE, GOVERNMENT OF INDIA, NATIONAL MENTAL HEALTH PROGRAMME REPORT (2021).

emotionally safe, socially supported, and mentally healthy without fear of judgment or humiliation.

A. Awareness Programmes

One of the most important reforms is the introduction of large-scale mental-health awareness programmes focusing specifically on men's emotional well-being. Society must move beyond traditional stereotypes that portray emotional vulnerability as weakness. Educational institutions, workplaces, and media platforms should actively promote the idea that expressing emotions and seeking therapy are normal and healthy human behaviours.²²

B. Emotional Education

Emotional education should be introduced in schools and colleges to help young boys understand stress management, emotional communication, and mental-health awareness from an early age. In many cases, men struggle emotionally because they are never taught how to express feelings in a healthy manner. Early emotional education can therefore reduce future psychological problems and encourage healthier emotional development.²³

C. Accessible Counselling Services

Another important step is improving access to affordable counselling and mental-health services. Many individuals avoid therapy because treatment is expensive or unavailable, especially in rural areas. The government should establish community counselling centres, increase mental-health funding, and improve accessibility to psychologists and emotional-support services across the country.²⁴

D. Workplace Reforms

Workplaces must also become more sensitive toward employee mental health. Companies should introduce mental-health leave policies, counselling support systems, stress-management programmes, and healthier work environments. Since career pressure and financial stress significantly affect men's mental well-being, workplace reforms can play an important role in reducing emotional burnout.

E. Responsible Digital Culture

Social media platforms and digital communities also carry responsibility. Online culture should discourage mockery of male vulnerability and promote healthier discussions surrounding

²²WORLD HEALTH ORGANIZATION, MENTAL HEALTH: STRENGTHENING OUR RESPONSE (2022).

²³UNICEF, EMOTIONAL EDUCATION AND YOUTH MENTAL HEALTH REPORT (2021).

²⁴MINISTRY OF HEALTH AND FAMILY WELFARE, GOVERNMENT OF INDIA, *supra* note 21.

emotional well-being. Media representation of masculinity must shift away from unrealistic expectations that associate men only with strength, success, and emotional silence.

F. Mental Health as a Humanitarian Issue

Mental health should be viewed as a humanitarian issue rather than a gender-based debate. Emotional pain does not depend on gender, and men deserve empathy, understanding, and emotional support. Creating a mentally healthier society requires collective efforts from families, educational institutions, workplaces, governments, and digital platforms. Only then can society break the culture of silent suffering and encourage men to seek help without fear, shame, or social rejection.

X. CONCLUSION

The silent mental-health crisis among Indian men is not merely a personal struggle but a serious social and humanitarian concern that deserves greater recognition and understanding. In a society where men are constantly expected to remain emotionally strong, financially stable, and mentally unbreakable, many individuals continue to suppress emotional pain behind a forced image of strength. This emotional silence has slowly become normalised, causing stress, loneliness, depression, anxiety, and even suicidal thoughts to remain unnoticed until they become severe.

This paper has highlighted that the mental-health struggles faced by men are deeply connected with societal expectations, emotional suppression, workplace pressure, family responsibilities, and the influence of modern digital culture. Although India has taken important legal steps through the Mental Healthcare Act, 2017 and constitutional recognition of dignity and well-being, social attitudes toward men's emotional vulnerability still remain limited.

Mental health should never be viewed through stereotypes or gender-based assumptions. Men also experience emotional pain, fear, insecurity, and psychological exhaustion, but societal conditioning often prevents them from expressing these struggles openly. Creating awareness, encouraging emotional communication, improving access to counselling, and promoting empathy are essential for building a mentally healthier society.

True strength does not lie in silent suffering, but in creating a society where every individual feels safe enough to ask for help without fear, shame, or judgment.

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