

**Union of Saints,
Suicide, Exploring Our Relationships
& Our Society Wrongs**

Suicide is complex, and researchers are very cautious about pointing to a single “main reason.” For men today, the most common drivers are usually a mix of **mental health struggles, social pressures, and life circumstances**. Relationship harms are significant, but they are one part of a larger picture.

Here are some of the main factors research highlights:

- **Mental health issues (especially depression and substance use):** Many men experience depression, anxiety, or trauma, but may be less likely to seek help due to stigma.
- **Relationship breakdowns:** Divorce, separation, custody disputes, or loss of intimacy are some of the strongest immediate triggers, especially for men who tie much of their identity to family roles.
- **Isolation and loneliness:** Men often have fewer close emotional connections than women, and social isolation increases risk dramatically.
- **Financial stress and unemployment:** Men may feel pressure to be “providers,” and job loss or money struggles can lead to shame and hopelessness.
- **Cultural expectations:** Ideas like “men must be strong, stoic, independent” can prevent them from asking for support when they need it.
- **Access to lethal means:** Men more often use highly lethal methods, which increases the likelihood of death in a crisis.

Relationship harms (breakups, betrayal, conflict, custody issues) are one of the most common *triggers* for male suicide, but they usually interact with other vulnerabilities, like ***untreated depression, substance use, or lack of support***.