



RIDOH MEN'S MENTAL HEALTH SURVEY 2025: INSIGHTS INTO RHODE ISLAND MEN'S MENTAL HEALTH

In Rhode Island, approximately three quarters of suicide deaths are observed among males.* The Rhode Island Department of Health conducts an annual survey to learn about how adult males 18 years old and older have conversations about mental health, use resources, and seek and receive mental healthcare. Here's what we discovered in the 2025 Men's Mental Health Survey (open from May-August) from the 163 Rhode Island men that participated.



79% of men who took the survey would help a colleague who might be struggling or having thoughts of suicide.

If you want to support a friend or colleague, learn to recognize the signs of suicide which can include:

- Withdrawal or isolation
- Mood changes/irritability
- Missing work or showing up late
- Changes in appearance/hygiene

If you are concerned about someone, reach out to them. Here are a few tips for starting the conversation:

- Start with a general question like, "Everything going okay lately?"
- Let them know you are there by saying something like, "We don't need to talk but I'm here if you want to."
- Let them talk without trying to "solve" the problem.
- Look up resources like 988 together and offer to check in again soon.

Scan the QR code for more tips and tricks. →



40% of men who took the survey identified cost and 34% identified health insurance coverage as the greatest barriers to receiving professional mental health support.

If you or someone you know is struggling to access mental healthcare:

- Access care at a [Certified Community Behavioral Health Clinic \(CCBHC\)](#) in your area. CCBHCs serve anyone regardless of age, diagnosis, insurance status, or ability to pay.
- Call or email the RIPIN Call Center at **401-270-0101** or cellcenter@ripin.org. They offer free support to any Rhode Islander who needs help accessing healthcare or health insurance.
- Use [PsychologyToday.com](https://www.psychologytoday.com) to search for a mental healthcare provider based on your location, price range, insurance coverage, and other criteria.

Scan the QR code to find a CCBHC near you. →



15% of men who took the survey own a firearm(s) and predominantly store the firearm(s) at home, secured in a safe or with a gun lock.

If you own a firearm, choose a secure storage option that is right for you. Options can include:



Locking safe:

- Available in many sizes and locking mechanisms including fingerprint, external lock, combination, or key.
- Depending on size, can securely store one or more firearms.
- Allows for fast access in case of emergency.
- Larger options prevent theft if secured to a structure within the home.
- Prevents access by all unauthorized users.



Cable Lock:

- Can be used on most models and types of firearms.
- Runs through the action of a firearm to prevent firing.
- Most effective for preventing access by small children, as they can sometimes be picked or cut through with the right tools.



Trigger Lock:

- Small lock that nestles inside of the trigger to prevent firing.
- Must buy a trigger lock that is made to fit your firearm.
- Most effective for preventing access by small children as they can easily be picked/opened.

Scan the QR code to learn more about secure storage from Be SMART.



Scan the QR code to learn where to get secure storage items in Rhode Island.



If you have questions about the resources or data on this document, please reach out to RIDOH.SuicidePrevention@health.ri.gov.

The data shared in this document contains sensitive information about suicide. If you or someone you know is having thoughts of suicide, experiencing a mental health or substance use crisis, or are in emotional distress, you can call or text **988** or chat with 988 at 988lifeline.org. Trained crisis counselors are available 24/7 to listen, support, and help.



Data Source:

*Rhode Island Violent Death Reporting System (RIVDRS) 2019-2023.
Comprehensive Suicide Prevention Grant Men's Mental Health Survey 2025.

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