



The College of Psychiatry of Ireland
Coláiste Síciatrachta na hÉireann

Press Statement - June 2009

Men's Health Week 15th - 21st June 2009

Commenting on the theme for this year's Men's Health Week, "*Men and Access to Services*", the College of Psychiatry of Ireland stress the importance of looking after mental health as well as physical health. Further more the benefits of early detection of mental health problems such as Depression, Anxiety and Schizophrenia apply as much to men as to women. The slogan for the week "don't wait until it's too late" applies as much to mental health as it does to physical health.

As with physical health problems detecting and treating mental health problems as early as possible is always better than treating them later in their development and onset. Visiting a GP sooner rather than later when initial concerns arise is vital so that a referral to the appropriate secondary care mental health professional or service can be arranged, if necessary.

Schizophrenia, a condition that develops in 1 out of every 100 people, affects more men than women. For every 100 new cases identified about 66 of those will be men and these are usually under the age of 25.

The College suggests an easy guide to know when to go for help if a man thinks he may have signs of schizophrenia - "*Think of ABCD - A for auditory hallucinations or "hearing voices/noises"; B for broadcasting of thoughts or "beliefs of other people knowing your private thoughts", C for concerns of outside control and D for delusions - if you recognise any of these symptoms in yourself, even to a minor extent, it is important to get help as soon as possible from your GP who will know the best next steps to take"*.

The College highlights that there are a number of benefits to early treatment for schizophrenia. Firstly, there is an element of prevention in that early detection leads to immediate effective treatment, preventing any deterioration in work or college performance. Secondly, as many people prefer not to go to hospital for any illness, early detection greatly reduces the likelihood of hospitalisation as many treatments can occur as an out patient. Thirdly, when mental illness such as schizophrenia is diagnosed and treated early, recovery is achieved sooner and everyday life resumes more quickly.

For more information on early symptoms of Schizophrenia log onto www.detect.ie

Ends

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