# 2024 Canadian Men’s Health Report Reveals Mental Health Disparity Among Gay and Bisexual Men



**2024 Canadian Men’s Health Report Highlights Mental Health Disparity Among Gay and Bisexual Men**

On May 24, 2024, the Canadian Men’s Health Report was released, presenting findings from a survey of 2,070 men over the age of 19. The report reveals a significant disparity in mental health between gay and bisexual men compared to their heterosexual counterparts.

The survey found that 28% of gay and bisexual men are at risk of moderate-to-high depression, and 45% are at risk of moderate-to-high anxiety. In contrast, the risk percentages for heterosexual men are 18% for depression and 30% for anxiety. These figures underscore a substantial mental health gap.

The findings align with the minority stress theory, which suggests that gay and bisexual men experience higher rates of mental health issues due to stigma-related stressors such as discrimination, micro-aggressions, internalized homophobia, and an increased likelihood of substance abuse and violence.

A 2022 meta-analysis by Wittgens et al., published in the Acta Psychiatrica Scandinavcia journal, supports these findings, reporting higher rates of depression and anxiety among homosexual and bisexual individuals compared to heterosexuals.

GlobalData epidemiologists forecast an increase in anxiety cases in major global markets from 112.3 million in 2024 to 115 million by 2028. Despite recent legislative and social changes, there is currently no evidence of a decline in mental health risks among gay and bisexual men.

This report's release coincides with Pride Month and Men's Mental Health Awareness Month, highlighting the importance of addressing mental health disparities within the LGBTQ+ community. Increasing engagement within communities and support groups has been shown to improve mental health outcomes for gay and bisexual men by providing safe environments for discussion and encouraging professional treatment.

The data points to the ongoing need for culturally competent health services and further research into mental health disparities to address these issues effectively.