



Get the Facts: Men and Depression

- Depression in men is common – approximately 6 million men in the United States have depression.
- Depression in men is often not identified.
- Nearly 65 percent of men with depression will not get the help they need.
- Most men with depression report problems at home, at work, and with close relationships.
- Depression can affect physical, emotional, and social functioning.
- Symptoms of depression in men include:
 - Trouble sleeping
 - Feeling tired
 - Having a hard time concentrating
 - Unable to make decisions
 - Irritability
 - Anger
 - Back pain
 - Feeling sad or worthless
 - Headaches
 - Risk-taking
 - Loss of interest in hobbies
 - Alcohol or drug abuse
 - Withdrawal from family and friends
- Men may try to hide their depression with alcohol, drugs, overworking, blaming others, and aggressive behavior.
- There is help for men with depression. Talking with a doctor is a good place to start.
- Common treatments include talking with a professional counselor, antidepressant medication, or a combination of both.



- Additional things men can do to help fight depression include:
 - Keeping active
 - Eating healthfully
 - Avoiding alcohol and drugs
 - Sharing concerns with others
 - Doing things that are fun
 - Reducing stress
 - Taking a break from the usual routine
 - Learning more about depression

For more information, visit: www.bluetoyou.org.

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