



# Share the Wellness Tip

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## Manning Up To Men's Mental Health Issues

More than 6 million men in the United States experience depression each year. Yet men are less likely than women to recognize the condition and seek help for it. To make matters worse, male depression can stay hidden because the symptoms in men may differ from those typically seen in women. In general, depressed men are less likely to say they feel down or sad; they may try to hide their condition. As a result, loved ones don't always recognize male depression, either.

Depressed men often have less tolerance for internal pain and turn to some action for relief, like overusing alcohol or drugs, working excessively or seeking other harmful behaviors. Sometimes, men battling depression want to be alone, withdrawing from loved ones. Alternately, they may lash out, becoming irritable or violent.

There's nothing unmanly about depression. If you always seem to feel sad, empty, anxious, irritable or tense, depression could be the cause. Another hallmark of the illness: loss of interest or pleasure in things you once enjoyed. Along with these signs, you may notice other physical and mental symptoms. For instance, you might have unexplained physical ailments. Or, you might have trouble remembering, concentrating and making decisions.

Left untreated, depression can wreak havoc on your home, work and social life. Fortunately, effective treatments are available. If these symptoms sound all too familiar, talk with your health care provider.

*Sources: Centers for Disease Control and Management, Psychology Today*

