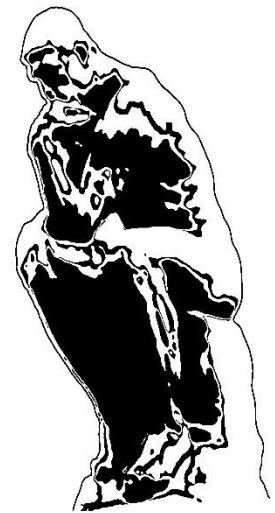


Depression and Men

Depression can look different for men than it does for women. This includes the symptoms as well as the causes. As depression in men tends to go undiagnosed for longer the severity and risks can also be higher. Luckily, early detection can decrease these risk factors.

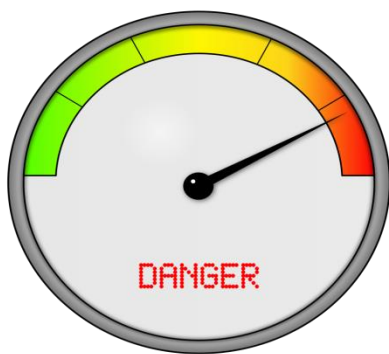
Symptoms of depression include:

- feelings of worthlessness, self-hate, or guilt
- feelings of helplessness or hopelessness
- fatigue or chronic lack of energy
- irritability
- difficulty concentrating
- loss of interest in once-pleasurable activities such as a hobby or sex
- insomnia or hypersomnia (excessive sleeping)
- social isolation
- changes in appetite and corresponding weight gain or loss
- suicidal thoughts or behaviors



Severe symptoms may include delusions or hallucinations.

Symptoms more prominent in men:



- Use of distraction instead of rumination to avoid depressed feelings
- Increased use of alcohol or drugs
- Increased anger/aggression
- Increased blaming of others for life's problems
- Increased risk taking

Men and Job Loss

The rate of depression for those experiencing job loss is twice that of those who are employed. One in five people who have been unemployed for a year or more receive treatment for



depression, roughly double the rate of those who are unemployed for five weeks or less. Though job loss is a significant factor in depression it is often a larger factor for men. Societal messages produce a stronger link between self-worth and employment status for men than women, though this disparity is not as strong as it once was.

While depression may feel like a hopeless struggle there are some simple choices that can fight off depression. While the steps needed to defeat depression may vary depending on the cause there are several steps that help the majority of depression sufferers. Such steps include:

- Exercise
- Staying active, even little tasks make a big difference
- Creating a routine to ensure an active and productive life-style
- Setting personal goals or goals specifically to fight the depression
- Writing in a journal
- Find a hobby
- Find activities that produce a sense of purpose or accomplishment
- Build something, fix something, helps someone in need!

Tool bag (tools to help yourself)

General resources

- Man Therapy – a garage full of helpful info! <http://mantherapy.org>
- Help Guide - Guides, tips, and resources for general mental health! www.helpguide.org
- Mental Health America – General info on mental health! www.mentalhealthamerica.net
- Psychology Today – Articles, tips, and therapist searches! www.psychologytoday.com
- Suicide Prevention Hotline – 1800-273-8255 www.suicideprevelifeline.org

Support Groups and Organizations

- Psychology Today – Search for a groups <https://groups.psychologytoday.com/rms/state/IL/Chicago.html>
- The ManKind Project – Support groups, mentoring, and events for men! <http://mankindproject.org>
- Victories for Men - Support groups and events for men! <http://www.victoriesformen.org>
- Online Men’s Support Groups – Support groups for various issues! <http://supportgroupcentral.com>