DEPRESSION IN MEN

It’s not a sign of weakness, it’s a fact... guys get depressed.

COMMON SYMPTOMS

- Feeling down or hopeless
- Changes in sleep
- Tired or having little energy

OTHER SYMPTOMS IN MEN

- Anger or irritability
- Feeling stressed out
- Feelings of guilt

HEADSUPGUYS

Headsupguys has helped millions of men worldwide in their fight against depression by providing tips, tools, information about professional services, and stories of success.

SHARE OUR RESOURCE

Let the men in your life know that recovery is possible.

Facebook  Twitter  YouTube  Instagram

info@headsupguys.org

BETTER STARTS HERE

Headsupguys

For men. About men.

Strategies for managing and preventing depression

Headsupguys.org

PROUDLY SUPPORTED BY

The University of British Columbia

King of Floors

The Newell Family
TRY OUR SELF CHECK

OUR SCREENING TOOL, THOUGH NOT DIAGNOSTIC, CAN HELP INFORM A GUY ABOUT HIS HEALTH AND PROVIDE PROMPTS FOR ACTION.

TAKE OUR STRESS TEST

- OUR STRESS TEST CAN HELP YOU IDENTIFY COMMON STRESSORS THAT CAN LEAD OR CONTRIBUTE TO DEPRESSION.
- SHARE THE RESULTS WITH A DOCTOR OR THERAPIST TO KICK-START YOUR CONVERSATION AND RECOVERY.

VISIT HEADSUPGUYS.ORG

- PRACTICAL TIPS FOR FIGHTING DEPRESSION
- HOW TO REACH OUT AND BUILD A SUPPORT SYSTEM
- INFORMATION ABOUT PROFESSIONAL SERVICES

FOR FRIENDS AND FAMILY

- TIPS FOR SUPPORTING A GUY WHO MAY BE FIGHTING DEPRESSION
- HOW TO MANAGE SUICIDE RISK
- HOW TO TAKE CARE OF YOURSELF WHILE SUPPORTING OTHERS

YOU’RE NOT ALONE

THE MYTHS ARE BREAKING DOWN, FREEING GUYS TO TALK ABOUT AND TACKLE DEPRESSION.

WATCH VIDEOS FROM REAL GUYS.

IT IS POSSIBLE TO BEAT DEPRESSION

A LOT OF GUYS HAVE MADE IT BACK FROM DARK PLACES THEY NEVER THOUGHT THEY WOULD RETURN FROM.