



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

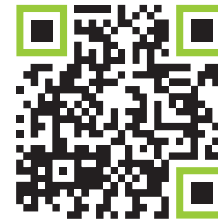
HEADS UP GUYS

THE WORLD'S LEADING MEN'S MENTAL HEALTH RESOURCE

HEADSUPGUYS HAS HELPED MILLIONS
OF MEN WORLDWIDE BY PROVIDING
TIPS, TOOLS, INFORMATION ABOUT
PROFESSIONAL SERVICES AND
RECOVERY STORIES.

SHARE OUR RESOURCE

LET THE MEN IN YOUR LIFE KNOW
THAT RECOVERY IS POSSIBLE.



INFO@HEADSUPGUYS.ORG

SUPPORT HEADSUPGUYS

JOIN THE FIGHT AND DONATE TO
KEEP HEADSUPGUYS GOING



HEADS UP GUYS

STRATEGIES FOR IMPROVING
MENTAL HEALTH AND
PREVENTING SUICIDE
IN MEN

HEADSUPGUYS.ORG



VISIT HEADSUPGUYS.ORG

- PRACTICAL TIPS FOR RECOVERING FROM ANXIETY, DEPRESSION, AND SUICIDAL THOUGHTS
- HOW TO REACH OUT AND BUILD A SUPPORT TEAM
- INFORMATION ABOUT TREATMENT OPTIONS
- OVER 100 INSPIRATIONAL RECOVERY STORIES

YOU ARE NOT ALONE RECOVERY IS POSSIBLE

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

SELF-CHECK SUITE

TRY OUR DEPRESSION CHECK

- OUR SCREENING TOOL CAN HELP INFORM YOU ABOUT YOUR HEALTH AND ACTIONS TO TAKE

TAKE OUR STRESS TEST

- IDENTIFY COMMON STRESSORS THAT CAN LEAD OR CONTRIBUTE TO DEPRESSION

ADDITIONAL SELF-CHECKS COVER ANGER, LONELINESS, WORKPLACE STRESS, AND MORE

FREE SELF-GUIDED COURSES

- OUR IN-DEPTH COURSES CAN HELP YOU DEVELOP PRACTICAL SKILLS
- COURSES INCLUDE: MANAGING NEGATIVE THOUGHTS, MANAGING ANGER, MINDFULNESS FOR MEN, BUILDING RELATIONSHIP SKILLS



THERAPIST DIRECTORY

- FIND QUALIFIED THERAPISTS NEAR YOU WITH EXPERIENCE AND EXPERTISE SUPPORTING MEN

FOR FRIENDS AND FAMILY

- WARNING SIGNS FOR ANXIETY, DEPRESSION, AND SUICIDAL THOUGHTS
- GET TIPS ON HOW TO SUPPORT THE MEN IN YOUR LIFE

PROUDLY SUPPORTED BY

KING OF FLOORS

SIP AROUND THE WORLD



A PROGRAM OF



THE UNIVERSITY OF BRITISH COLUMBIA