



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
- Physical aches and pains
- Reckless behaviour and substance abuse

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 Resources

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



info@headsupguys.org

Donate Now

Join the fight and donate to help
keep HeadsUpGuys going



HEADS UP GUYS

Strategies For Improving
Mental Health And
Preventing Suicide
In Men

[HeadsUpGuys.org](https://www.headsupguys.org)



Visit [HeadsUpGuys.org](https://www.headsupguys.org)

- Over 100 inspirational recovery stories
- Practical tips for recovering from anxiety, depression, and suicidal thoughts
- How to reach out and build a support team
- Information about treatment options

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

- Loneliness, relationships, lack of purpose, anger, and more

Free Self-Guided Courses

- In-depth courses to help develop practical skills. Courses include:
 - » Rewiring Negative Thoughts
 - » Managing Anger & Irritability
 - » Mindfulness for Men
 - » Building Healthy Relationships
 - » Mental Health Peer Support



Therapist Directory

- Find qualified therapists with experience and expertise supporting men

For Friends And Family

- Warning signs for anxiety, depression, and suicidal thoughts
- Advice on how to support a partner, friend, son, father, co-worker, or any man

Be a Peer Supporter For Men's Mental Health

- Free course to recognize distress, start a conversation, and support the men around you