



## 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

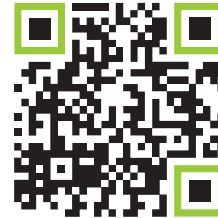
# HEADS UP GUYS

## 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.



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## 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 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



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