

# Depression in Men

Depression, even severe depression, is treatable.

Approximately **6 million** American men suffer from a depressive disorder annually.

Service members returning from combat deployments have an increased risk of developing depression.

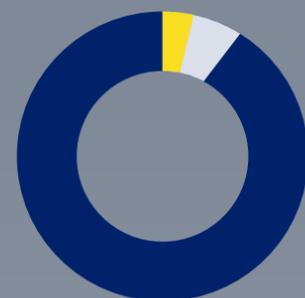


Men are less likely than women to admit to negative mood states or to seek treatment for mental health issues.



Almost **9%** of men in the U.S. feel anxious or depressed day to day.

**Fewer than half** of those men seek help from a mental health professional or take medication.



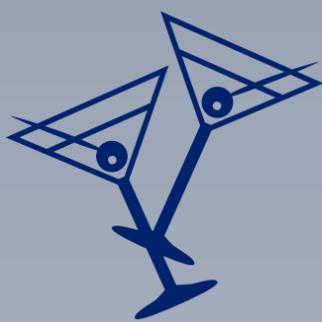
Men may experience depression symptoms beyond the traditional symptoms of low mood, withdrawal, and sleep problems, including:

*Anger and irritability*

*Substance misuse*

*Risk taking behaviors*

The lifetime prevalence rate for alcohol dependence is twice as high in men as it is in women.



Men take their own lives at nearly **4 times** the rate that women do.



Remember, depression is treatable. Talk to your health care provider today.

Need help finding a professional? Questions on depression? Call the Psychological Health Resource Center at **(866) 966-1020**.

