



# Mental Health Comprehensive Services

Providing Family Stability and Developing Life Coping Skills

## Men's Depression

Researchers estimate that at least six million men in the United States suffer from a depressive disorder every year. Research and clinical evidence reveal that while both women and men can develop the standard symptoms of depression, they often experience depression differently and may have different ways of coping with the symptoms. Men may be more willing to acknowledge fatigue, irritability, loss of interest in work or hobbies, and sleep disturbances rather than feelings of sadness, worthlessness, and excessive guilt. Some researchers question whether the standard definition of depression and the diagnostic tests based upon it adequately capture the condition as it occurs in men.

Instead of acknowledging their feelings, asking for help, or seeking appropriate treatment, men may turn to alcohol or drugs when they are depressed, or become frustrated, discouraged, angry, irritable, and, sometimes, violently abusive. Some men deal with depression by throwing themselves compulsively into their work, attempting to hide their depression from themselves, family, and friends. Other men may respond to depression by engaging in reckless behavior, taking risks, and putting themselves in harm's way.

More than four times as many men as women die by suicide in the United States, even though women make more suicide attempts during their lives. Men attempt suicide using methods that are generally more lethal than those used by women. In light of research indicating that suicide is often associated with depression, the alarming suicide rate among men may reflect the fact that men are less likely to seek treatment for depression.

If you find that you are experiencing signs or symptoms of depression, please call Mental Health Comprehensive Services in order to make an appointment with a trained licensed counselor or social worker.

For more information on this article on Men's Depression go to [http://www.seekwellness.com/conditions/mental/mens\\_depression.htm](http://www.seekwellness.com/conditions/mental/mens_depression.htm).