

# Men and Depression

Research suggests that at least six million men in the United States suffer from some form of depressive disorder every year. While both men and women can develop the standard symptoms of depression, men often experience depression differently than women and may have different ways of coping with the symptoms.

Men may be more willing to acknowledge fatigue, irritability, a loss of interest in work or hobbies, and sleep disturbances rather than feelings of sadness, worthlessness, and guilt.

## Men Cope Differently

Instead of acknowledging their feelings and asking for help or treatment, men may turn to alcohol or drugs when they are depressed. They may become discouraged, angry and even verbally or physically abusive. Some men deal with depression by throwing themselves into their work in an attempt to hide depression from themselves, their families and their friends.

## Men and Suicide

While women experience depression more often than men and are more likely to attempt suicide, men are four times more likely to complete suicide when depressed. This may be because men are less likely to admit feelings of depression and are less likely to seek effective treatment. Family members, friends, and coworkers can help by better understanding how depression presents in men, and by encouraging men in their lives who seem depressed to seek appropriate treatment.



**Child & Family Services of Saginaw County  
Counseling Center  
989-790-7500**