



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

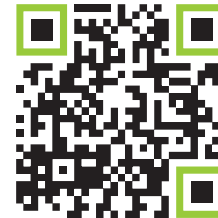
- ANGER OR IRRITABILITY
- FEELING STRESSED OUT
- FEELINGS OF GUILT

HEADS UP GUYS

HEADSUPGUYS HAS HELPED MILLIONS OF MEN WORLDWIDE IN THEIR FIGHT AGAINST DEPRESSION BY PROVIDING TIPS, TOOLS, INFORMATION ABOUT PROFESSIONAL SERVICES, AND RECOVERY STORIES.

SHARE OUR RESOURCE

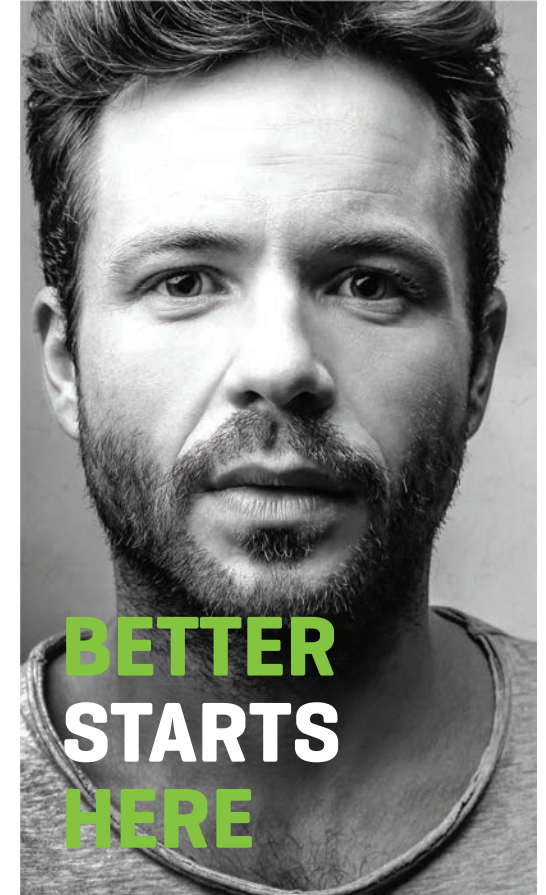
LET THE MEN IN YOUR LIFE KNOW THAT RECOVERY IS POSSIBLE.



INFO@HEADSUPGUYS.ORG

SUPPORT HEADSUPGUYS

JOIN THE FIGHT AND DONATE TO
KEEP HEADSUPGUIYS GOING



**BETTER
STARTS
HERE**

HEADS UP GUYS

FOR MEN. ABOUT MEN.

STRATEGIES FOR IMPROVING
MENTAL HEALTH AND
PREVENTING SUICIDE

HEADSUPGUYS.ORG



VISIT [HEADSUPGUYS.ORG](https://headsuptguys.org)

- PRACTICAL TIPS FOR FIGHTING DEPRESSION
- HOW TO REACH OUT AND BUILD A SUPPORT SYSTEM
- INFORMATION ABOUT PROFESSIONAL SERVICES
- OVER 80 STORIES FROM MEN WHO HAVE FOUGHT DEPRESSION

TRY OUR **SELF CHECK**

OUR SCREENING TOOL, THOUGH NOT DIAGNOSTIC, CAN HELP INFORM A GUY ABOUT HIS HEALTH AND PROVIDE PROMPTS FOR ACTION.

TAKE OUR **STRESS TEST**

- IDENTIFY COMMON STRESSORS THAT CAN LEAD OR CONTRIBUTE TO DEPRESSION.
- SHARE THE RESULTS WITH A DOCTOR OR THERAPIST TO KICK-START YOUR CONVERSATION AND RECOVERY.

FOR FRIENDS AND FAMILY

- TIPS FOR SUPPORTING A GUY WHO MAY BE FIGHTING DEPRESSION
- HOW TO MANAGE SUICIDE RISK
- HOW TO TAKE CARE OF YOURSELF WHILE SUPPORTING OTHERS



FIND A THERAPIST

- OUR THERAPIST DIRECTORY MAKES IT EASIER FOR MEN TO FIND QUALIFIED THERAPISTS WITH EXPERIENCE AND EXPERTISE SUPPORTING MEN.
- TALK THERAPY IS ONE OF THE MOST EFFECTIVE AND WIDELY USED TREATMENTS FOR DEPRESSION.

YOU ARE NOT ALONE

IT IS POSSIBLE TO BEAT DEPRESSION

A LOT OF GUYS HAVE MADE IT BACK FROM DARK PLACES THEY NEVER THOUGHT THEY WOULD RETURN FROM.