



[Why Depression And Substance Abuse Can Hit Men Hard And How To Seek Help](#)

## MEN & DEPRESSION

Men and women both experience depression but their symptoms can be very different. Because men who are depressed may appear to be angry or aggressive instead of sad, their families, friends, and even their doctors may not always recognize the anger or aggression as depression symptoms. In addition, men are less likely than women to recognize, talk about, and seek treatment for depression. Yet depression affects a large number of men.



"My daily routine was shot. I didn't have the energy to do anything. I got up because the dog had to be walked and my wife needed to go to work. The day would go by and I didn't know where it went. I wanted to get back to normal. I just wanted to be myself again."

—Jimmy, Firefighter



National Institute  
of Mental Health



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You might drink too much, abuse drugs, or gamble compulsively. ... Work commitments can often make it difficult for men to find time to maintain ... A daily relaxation practice can help relieve symptoms of depression, reduce stress, ... of your feet hitting the ground, or the feeling of the wind on your skin, or the .... ... and is anonymous. Your feedback will help SAMHSA develop future products. ... Prevalence of Substance Abuse and Dependence Among Women . ... the important differences between men and women with regard to ... of depression and anxiety, posttraumatic stress ... feelings make it difficult for women to seek help or .... Why Depression and Substance Abuse Can Hit Men Hard and How to ... Men may refuse to seek depression support because of perceived .... Depression is a serious mental health condition that is often ... The symptoms of depression can last for months or years and can make it difficult or ... Some people feel like they can't get out of bed, or feel exhausted all the time ... Other times, depression may cause a person to start abusing drugs or alcohol.. A brochure on depression that explains what it is and how to get help. ... Many men do not recognize their depression and fail to seek help. ... have symptoms of other disorders, such as anxiety, eating disorders, or substance abuse. ... Therapy can help you understand and work through difficult relationships or situations that .... Keywords help-seeking, depression, masculinity, working-class men ... symptoms such as aggression and substance abuse (Magovcevic & Addis, 2008). ... and tough such that rejecting help is done as a way to assert power and ... everybody did the best they could, the kid got a great hit, and we lost, and, .... Male depression is a serious medical condition, but many men try to ... digestive problems and pain; Problems with alcohol or drug use ... If you think you may hurt yourself or attempt suicide, get help right ... Reach out to a close friend or loved one — even though it may be hard to talk about your feelings.. Physical complaints, substance abuse, and other stealth symptoms ... Depression is a key risk factor for suicide, and four times as many ... One reason may be men's reluctance to convey their feelings and seek help when they .... Depression can strike men and women in different ways, research shows. ... between the sexes may help those with depression, researchers say. ... such as hormones and genes that get disrupted when brain regions are ... In women, substance abuse tends to occur after the onset of depression, or as .... After the second of his two failed marriages, Carrey sought the help of a ... "You need to get out of bed every day and say that life is good. ... that her depression included cutting herself and hiring a hit man to kill her. ... Phelps turned to substance abuse, and was arrested twice for DUIs before realizing he needed help.. Depression is a major cause of disability around the world, and if left untreated, can lead to substance abuse, anxiety and suicide.. Depression and substance abuse combine to form a vicious cycle ... Among veterans, men with a substance abuse disorder are more ... other sources of enjoyment; Insomnia; Heavy drug and alcohol use ... If you or a loved one are having thoughts of suicide, it is imperative that you seek help immediately.. Most people that deal with alcoholism or drug addiction have a dual diagnosis. ... and depression, we will be able to help those suffering find the help ... What is the Treatment for Drug Abuse and Depression? ... depressed-alcoholic-man ... Sometimes the overwhelming feeling of rock bottom will need to hit.. Although men don't always talk about feelings of depression, ... from recognizing the symptoms of depression and seeking treatment. ... Why is depression in men so hard to accept? ... They are more likely to deal with their symptoms by drinking alcohol, abusing drugs, or pursuing other risky behavior.. Scientific American is the essential guide to the most awe-inspiring ... Williams had been seeking treatment for severe depression, and ... suicide attempts and substance abuse are all thought to increase the risk. ... Does it hit me hard? ... Although women attempt suicide more often, men are more likely to .... It can be hard to tell which problem came first – the drugs or the mental illness. ... There are a number of ways that you can go about getting help for your drug .... Find out the symptoms of depression, where to get help and what schools can do ... Depression & College Students Mental Health, the Classroom & the ... Leaving home is a big step in any person's life, and homesickness can hit ... Recognizing this growing problem, Rutgers University developed the first substance abuse .... Christina Currier served as the Center for Substance Abuse Treatment (CSAT) ... The talent, dedication, and hard work that TIP panelists and reviewers bring to this highly participatory ... Depressive symptoms may come and go for a period ... depressive disorders is beyond the scope of this man ... It hits me when I wake up.. Bipolar disorder is also known as bipolar disease or manic depression. ... Although it's not a rare condition, bipolar disorder can be hard to diagnose ... more severe episodes, especially manic episodes; have substance abuse issues ... Men with bipolar disorder are less likely than women to seek medical care on their own.. How to recognize the symptoms of depression and get effective help. ... Men in particular can feel angry and restless. However you experience ... Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete. ... Substance abuse can often co-occur with depression. b2430ffd5b

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