

# **MEN'S MENTAL HEALTH**

WELCOME TO

# MAN THERAPY

Because you can't just rub some dirt on  
your emotions.

MOVEMBER FOUNDATION

GET INVOLVED

ABOUT US

MEN'S HEALTH

NEWS

SHOP

LOG IN

JOIN UP

DONATE



## Men and Depression

It's time to have an honest conversation  
about mental health.

HEADS **UP** GUYS

DEPRESSION IN MEN

TAKE ACTION

YOU'RE NOT ALONE

FOR SUPPORTERS

**BETTER STARTS HERE**

Are you tired and irritable all the time?  
Have you lost interest in your work, family,  
or hobbies? Are you having trouble  
sleeping and feeling angry or aggressive,  
sad, or worthless? Have you been feeling  
like this for weeks or months?

If so, you may have depression.

# THE FACTS

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**1 in 4**

Men experience anxiety, depression, and drug dependence.



Women are **1.7x**

more likely to report a neurotic disorder.



**3 in 4**

Suicides are committed by men.



**1 in 4**

Men drop out of therapy prematurely.