



There are a number of mental health conditions that have a high prevalence in men: depression, anxiety, bipolar disorder, psychosis and schizophrenia. Asking for help and using your resources to get appropriate treatment and support is a sign of strength, not weakness.

Assess

- Have you had changes in energy level and sleep patterns?
- Do you have a loss of interest or pleasure in activities?
- Are you having noticeable anger outbursts, irritability, or restlessness?
- Have you noticed changes in your appetite, eating habits, or weight?



Assess (continued)

- Do you have difficulties with concentration or decision making?
- Are you feeling sad, empty, hopeless, worthless, or guilty?
- Have you had frequent thoughts of death or suicide?
- Do you have alcohol or substance use problems?
- Are you feeling overwhelmed by work, family, retirement or the future?



Self-care

- Stay connected with family and friends.
- Make time to engage in activities you enjoy.
- Participate in regular, sustained exercise.
- Get enough sleep and eat nutritious meals.

Reach Out

- Share what is going on with a trusted friend or family member.
- Contact the [Employee Assistance Program](#) for free, confidential counseling services.
- Speak to your primary care physician if you are unsure where to start.



Need more information?

- Mental Health America:
<http://www.mentalhealthamerica.net/mental-health-screening-tools>.
- BeyondBlue:
www.beyondblue.org.au/about-us/about-our-work/our-work-with-men/ and
www.beyondblue.org.au/who-does-it-affect/men.
- Movember Foundation:
www.movember.com.
- Unsuicide:
<http://unsuicide.wikispaces.com/Online+Suicide+Help#.WSNHSVMrL8o>.
- Helplines Tip Sheet.
- Self-care Tip Sheet.