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.
- Unsuicide: http://unsuicide.wikispaces.com/Online+Suicide+Help#.WSNHVSMrL8o.
- Helplines Tip Sheet.
- Self-care Tip Sheet.