

DEPRESSION & ANXIETY *Common & treatable*

IN GENERAL, MEN TEND TO PUT OFF GETTING ANY KIND OF ASSISTANCE BECAUSE THEY THINK THEY ARE SUPPOSED TO BE TOUGH, SELF RELIANT, ABLE TO MANAGE PAIN AND TAKE CHARGE OF SITUATIONS.

This can make it hard for men to acknowledge they have any health problem, let alone one which affects their social and emotional wellbeing.

It is important to remember that anxiety and depression are illnesses, not weaknesses and effective treatments are available.

**: ON AVERAGE 1 IN
: 8 MEN WILL HAVE
: DEPRESSION AND
: 1 IN 5 MEN WILL
: EXPERIENCE ANXIETY
: AT SOME STAGE IN
: THEIR LIVES.**

Factors that can contribute to depression and anxiety in men include physical health problems, relationship problems, employment problems, social isolation, a significant change in living arrangements (e.g. separation and divorce), a partner's pregnancy and birth of a baby.

DEPRESSION

Depression is a serious and common condition that does not get better by itself. On average 1 in 8 men will have depression at some stage in their lives.



SUICIDE

Untreated depression is a high risk factor for suicide. In Australia, approximately 2200 suicides occur each year. 80 % of people who take their lives are men – with an average of 5 men dying by suicide every day. Suicide is the leading cause of death for men under the age of 44 years, which significantly exceeds the national road toll.

THINGS TO REMEMBER

- Depression in men is common and treatable
- With the right treatment, most people recover from depression
- It's important to seek help early, the sooner the better

More information is available.
Visit www.beyondblue.org.au/men

ANXIETY

Anxious feelings are a normal reaction to a situation where a person feels under pressure. For some people, these feelings happen for no apparent reason or continue after a stressful event has passed. An anxiety disorder can be a serious condition that makes it hard for a person to cope with daily life.

IMPORTANT

- The first step is to seek help
- Your GP is a good starting point
- There is a range of effective treatments available

SIGNS OF ANXIETY

Physical

- pounding heart
- excessive sweating
- choking sensations
- dizziness and vertigo
- shortness of breath
- hot flushes or chills
- insomnia and exhaustion
- panic attacks

Emotional

- feelings of dread
- poor concentration
- inner tension and nervousness
- catastrophic thinking
- irritability or edginess
- hyper vigilance towards danger
- absentmindedness
- fear of losing control

MORE INFORMATION

www.beyondblue.org.au/taking-action

email infoline@beyondblue.org.au
or call 1300 22 4636

Lifeline 13 11 14
www.lifeline.org.au

MensLine Australia
www.mensline.org.au