Men’s mental health. Should I be concerned?

Across the Australian life span:

- One in eight men will experience depression
- One in five men will experience anxiety

How would I know if I was depressed?

**Depression:**
- feeling down most days
- loss of interest in activities
- changes in sleep and appetite
- difficulty concentrating
- increased lethargy
- worthlessness and guilt
- headaches and muscle pain.

*Experiencing five or more of these symptoms for at least two weeks.*

What about anxiety?

**Anxiety:**
- experiencing worry most days
- feeling tired or wound up
- feeling overwhelmed
- difficulty calming down
- recurring anxious thoughts
- avoidance of frightening things or situations
- nightmares or flashbacks.

*Experiencing these to the degree that they impact on your ability to do normal, everyday activities.*

Real men share their problems

There is a need for men to take ownership of their mental health. In doing so they not only help themselves but serve as a role model to others.

Staff and their immediate family are able to access Queensland Health’s Employee Assistance provider, Optum (toll free 1300 361 008, or online at http://www.optum-au.com/employers/employee-assistance-programs-eap.html)

What if it’s not me, but someone I know?

If you’ve noticed mood or behavioural changes in someone you know, approach them about these changes. Encourage and assist them to seek appropriate help. Stay in contact and support them in their actioning of treatment strategies.

How can I find out more?
