

Men's Mental Health

Recognizing distress when it shows up as irritability, overwork, substance use, withdrawal, or physical symptoms.

Distress is not always sadness

Men may experience depression, trauma, anxiety, or grief through anger, numbness, risk-taking, sleep problems, increased work, alcohol use, or pulling away from relationships.

Barriers to help

- Belief that problems should be handled privately.
- Fear of appearing weak or burdensome.
- Limited practice naming emotion.
- Concern that therapy will be passive or judgmental.

Useful starting points

- Describe changes in sleep, behavior, concentration, anger, motivation, or drinking even if emotion words feel awkward.
- Treat help-seeking as problem-solving, not surrender.
- Use concrete goals and skills while also making space for emotion.
- Choose providers whose style and experience fit you.

Try this reflection

If you could describe the problem only in behavior changes, what has changed most in the last few months?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.