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Focus on Men's Health Mental

Many mental illnesses affect both men and women. However, men may be less likely to talk about their feelings and seek help. Recognizing the signs of a mental disorder is the first step toward getting treatment and living a better life.



Sometimes mental health symptoms appear to be physical issues. For example, a racing heart, tightening chest, ongoing headaches, and digestive issues can be a sign of an emotional problem.



Some men with depression or an anxiety disorder hide their emotions and may appear to be angry or aggressive while many women may express sadness.



Men may be more likely to feel very tired and irritable, and lose interest in their work, family, or hobbies.



If you feel you may have a mental health issue such as depression, don't be afraid to reach out for help.