AgelessCoach™
AGE STRONG. LIVE LONG.

Depression in Men: The Sign Check

The five signs that do not look like sadness, what to say at the appointment, and the 988 line.

✓ **Verified against published guidance** from Mayo Clinic, NIMH & Cleveland Clinic · sources below

Thinking about suicide, or worried someone is? Call or text 988 now. Free, confidential, answered around the clock.

✓ Take Seriously

Anger on a Short Fuse

- Irritability or out-of-control anger
- Aggression where sadness would be
- A fuse shorter for weeks

COACH'S TIP In men, anger often stands in for sadness.

Aches Without a Cause

- Headaches that keep returning
- Long-term pain
- Digestive problems

COACH'S TIP The body often reports what the mood hides.

Escaping Into Work or Sports

- A lot of time at work
- No quiet moment to feel
- Always busy, never present

COACH'S TIP Overwork can be the symptom that looks like virtue.

Alcohol or Drug Problems

- Drinking more, and sooner
- Using it to switch off
- Hiding how much

COACH'S TIP Substance use also raises suicide risk.

New Risky Behavior

- Reckless driving
- Acting on impulse
- Chances he did not use to take

COACH'S TIP Recklessness can be a symptom, not a personality.

The Shared Core

- Sad, hopeless or empty
- No pleasure in old favorites
- Very tired, sleep off track

COACH'S TIP Two weeks or more of this is a pattern, not a phase.

✗ Do Not

Do Not Wait for Tears

- Sadness may never show
- Crying spells are rarer in men
- Anger is the common face

COACH'S TIP Waiting for him to seem sad misses most cases.

Do Not Call It Just Stress

- Depression may have no trigger
- Two weeks is the line
- It takes over daily life

COACH'S TIP Ordinary stress lifts. Depression stays.

Do Not Tough It Out

- Unlikely to pass untreated
- Cover-ups deepen it
- It can get worse

COACH'S TIP Ignoring symptoms makes them worse, not better.

Do Not Hide It From the Doctor

- Mention mood, not just aches
- Primary care is a fine start
- Say: I might be depressed

COACH'S TIP One honest sentence changes the whole visit.

Do Not Fear the Label

- Stigma fear blocks care
- Help is a sign of strength
- Untreated costs far more

COACH'S TIP Treatment works, even for severe depression.

Do Not Dismiss Death Talk

- Fewer warning signs in men
- 988 any hour, free
- Action can come suddenly

COACH'S TIP Treat the thought itself as the emergency.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

988	Call or text the Suicide and Crisis Lifeline, free and confidential, 24/7
2+ weeks	Symptoms taking over for two weeks or longer point to depression, not a phase
Most cases improve	When treated, male depression usually gets better, even when severe

Sources: Mayo Clinic, Male depression: Understanding the issues (2024) · NIMH, Men and Mental Health (2024) · Cleveland Clinic, Is He Depressed or Just Crabby?. **Educational content, not medical advice.** If someone may act on suicidal thoughts, call 911.