

The National Institute of Mental Health: www.nimh.nih.gov

Men and Mental Health

Overview

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 that someone may have a mood or mental disorder is the first step toward getting treatment and living a better life.

Warning Signs

Men and women experience many of the same mental disorders but their willingness to talk about their feelings may be very different. This is one of the reasons that their symptoms may be very different as well. For example, some men with depression or an anxiety disorder hide their emotions and may appear to be angry or aggressive while many women will express sadness. Some men may turn to drugs or alcohol to try to cope with their emotional issues. 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.

Warning signs include

- Anger, irritability or aggressiveness
- Noticeable changes in mood, energy level, or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- A need for alcohol or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Ongoing headaches, digestive issues, or pain
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Unusual thinking or behaviors that concern other people

Featured Health Topics and Resources

Featured Health Topics

Some of the mental disorders affecting men include:

[Anxiety Disorders including social phobia](http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml) (www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml)

[Attention Deficit Hyperactivity Disorder](http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml) (www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml) (ADHD, ADD)

[Autism Spectrum Disorder](http://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd/index.shtml) (www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd/index.shtml)

[Bipolar Disorder](http://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml) (www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml)

[Borderline Personality Disorder](http://www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml) (www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml)

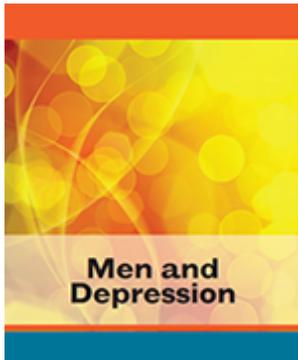
[Depression](http://www.nimh.nih.gov/health/topics/men-and-mental-health/men-and-depression/index.shtml) (www.nimh.nih.gov/health/topics/men-and-mental-health/men-and-depression/index.shtml)

[Eating Disorders](http://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml) (www.nimh.nih.gov/health/topics/eating-disorders/index.shtml)

[Obsessive-Compulsive Disorder](http://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd/index.shtml) (www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd/index.shtml)

[Post Traumatic Stress Disorder \(www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml\)](http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml) (PTSD)
[Psychosis \(www.nimh.nih.gov/health/topics/schizophrenia/raise/index.shtml\)](http://www.nimh.nih.gov/health/topics/schizophrenia/raise/index.shtml)
[Schizophrenia \(www.nimh.nih.gov/health/topics/schizophrenia/index.shtml\)](http://www.nimh.nih.gov/health/topics/schizophrenia/index.shtml)
[Substance Use Disorder \(www.nimh.nih.gov/health/topics/substance-use-and-mental-health/index.shtml\)](http://www.nimh.nih.gov/health/topics/substance-use-and-mental-health/index.shtml)
[Suicidal thoughts \(www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml\)](http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml)
[Complications related to a Traumatic Brain Injury \(TBI\)](#)

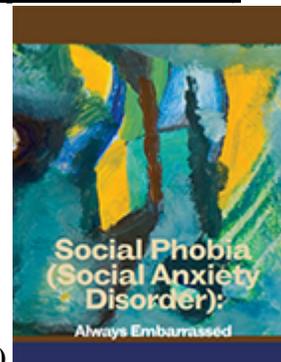
Featured Brochures and Factsheets



www.nimh.nih.gov/health/publications/men-and-depression/index.shtml



www.nimh.nih.gov/health/publications/autism-spectrum-disorder/index.shtml



[More \(www.nimh.nih.gov/health/publications/index.shtml\)](http://www.nimh.nih.gov/health/publications/index.shtml)

Federal Resources

[Behavioral Health Treatment Locator](#) (from SAMHSA)
[Brother, You're on my Mind](#) (National Institute on Minority Health and Health Disparities)
[Mental Health for Men](#)
 The [National Center for PTSD](#), part of the U.S. Department of Veterans Affairs
[National Institute on Drug Abuse](#)
[Substance Abuse and Mental Health Administration](#) (SAMHSA)
[Substance Use in Women and Men](#): an infographic from the National Institute on Drug Abuse (NIDA)
[Traumatic Brain Injury](#): learn how TBI could affect mental health ([en Español](#))
 For Health Care Professionals: [Addressing the Specific Behavioral Health Needs of Men](#), a brochure from the Substance Abuse and Mental Health Services Administration (SAMHSA)

Featured Apps

[PTSD Coach](#). This free app was developed by the U.S. Department of Veterans Affairs and the [National Center for PTSD](#).

Crisis Resources: Phone & Live Chat

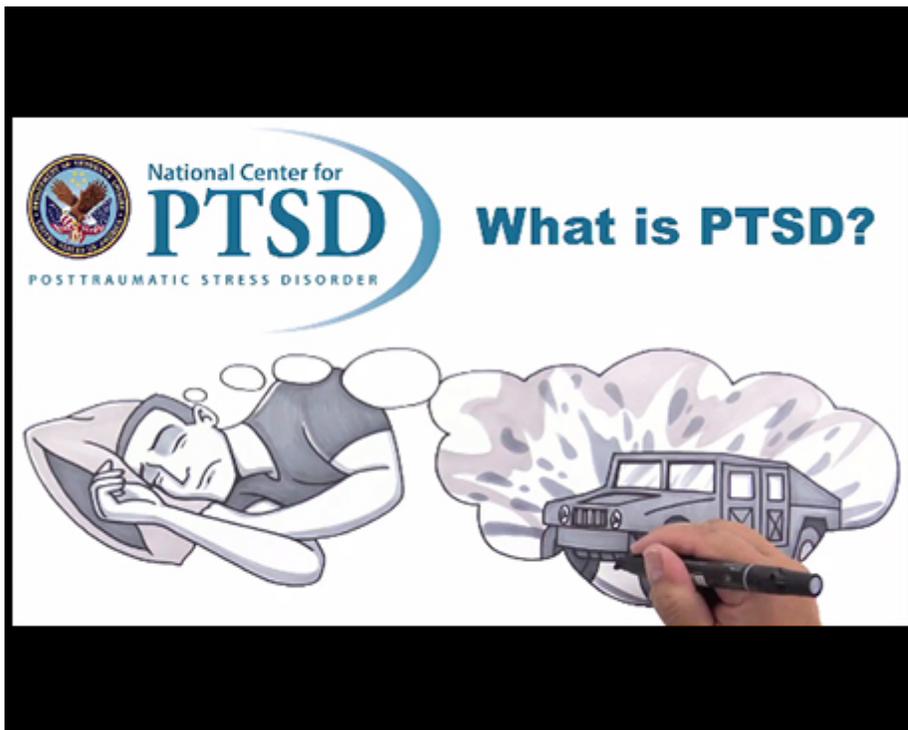
National Suicide Prevention Lifeline: open 24 hours a day, 7 days a week. English and en Español, 1-800-273-TALK (1-800-273-8255), [Click to Chat](#)
Veterans Crisis Line, 1-800-273-8255, press "1"; Confidential Veterans Chat, **text to 838255**
Crisis Text Line, **text 741741**

Featured Videos



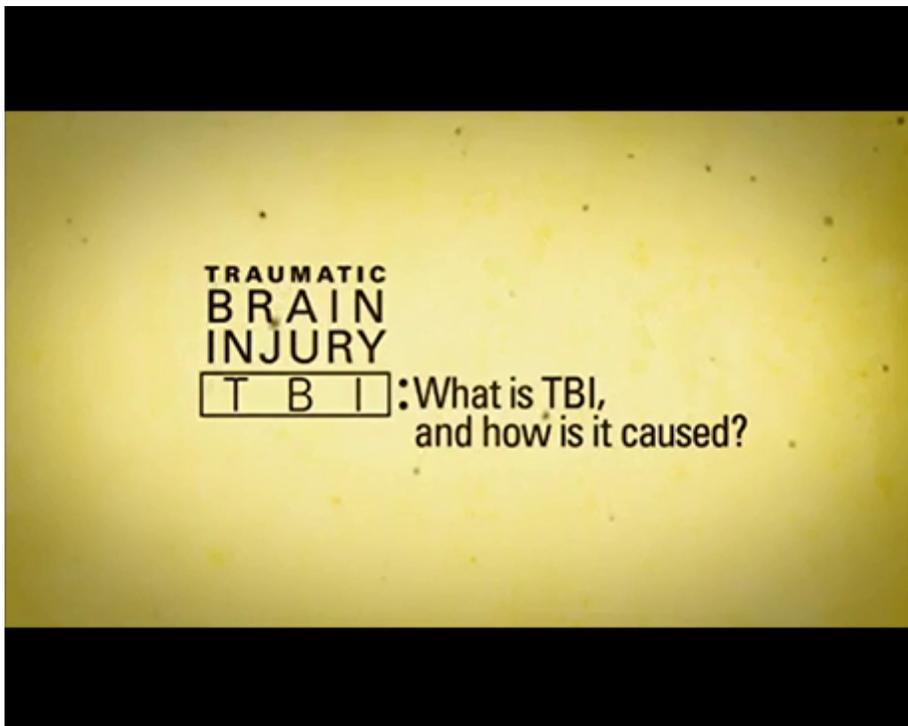
[Men and Depression \(www.nimh.nih.gov/health/topics/men-and-mental-health/men-and-depression/index.shtml\)](http://www.nimh.nih.gov/health/topics/men-and-mental-health/men-and-depression/index.shtml)

Personal stories of men who overcame depression, from the *NIMH Men and Depression* awareness campaign.



What is PTSD?

Short educational videos on PTSD and effective treatments the from National Center for PTSD.



Mild Traumatic Brain Injury

Series of instructional videos on symptoms, severity and treatment of traumatic brain injury (TBI).

Latest News



[Higher Death Rate Among Youth with First Episode Psychosis \(www.nimh.nih.gov/news/science-news/2017/higher-death-rate-among-youth-with-first-episode-psychosis.shtml\)](http://www.nimh.nih.gov/news/science-news/2017/higher-death-rate-among-youth-with-first-episode-psychosis.shtml)

April 6, 2017 • Press Release

A new study shows that young people with first episode psychosis have a much higher death rate than previously thought. Researchers looked at people aged 16-30 and found that the group died at a rate at least 24 times greater than the same age group in the general population.

[Continue reading \(www.nimh.nih.gov/news/science-news/2017/higher-death-rate-among-youth-with-first-episode-psychosis.shtml\)](http://www.nimh.nih.gov/news/science-news/2017/higher-death-rate-among-youth-with-first-episode-psychosis.shtml)



[Adding Better Mental Health Care to Primary Care \(www.nimh.nih.gov/news/science-news/2016/adding-better-mental-health-care-to-primary-care.shtml\)](http://www.nimh.nih.gov/news/science-news/2016/adding-better-mental-health-care-to-primary-care.shtml)

December 30, 2016 • Science Update

Medicare's new policy supports Collaborative Care and could improve the lives of millions of people with behavioral health conditions.

[Continue reading \(www.nimh.nih.gov/news/science-news/2016/adding-better-mental-health-care-to-primary-care.shtml\)](http://www.nimh.nih.gov/news/science-news/2016/adding-better-mental-health-care-to-primary-care.shtml)



[Soldiers at Increased Suicide Risk after Leaving Hospital \(www.nimh.nih.gov/news/science-news/2014/soldiers-at-increased-suicide-risk-after-leaving-hospital.shtml\)](http://www.nimh.nih.gov/news/science-news/2014/soldiers-at-increased-suicide-risk-after-leaving-hospital.shtml)

December 12, 2014 • Press Release

Soldiers hospitalized with a psychiatric disorder have a higher suicide risk in the year following discharge from the hospital.

[Continue reading \(www.nimh.nih.gov/news/science-news/2014/soldiers-at-increased-suicide-risk-after-leaving-hospital.shtml\)](http://www.nimh.nih.gov/news/science-news/2014/soldiers-at-increased-suicide-risk-after-leaving-hospital.shtml)

[More \(www.nimh.nih.gov/news/science-news/science-news-about-mens-mental-health.shtml\)](http://www.nimh.nih.gov/news/science-news/science-news-about-mens-mental-health.shtml)

Join a Study

Clinical trials are part of clinical research and at the heart of all medical advances. Clinical trials look at new ways to prevent, detect, or treat diseases and conditions. Treatments might be new therapies, technology, drugs or combinations of drugs, or new ways to use existing treatments. Although individual participants may benefit from being part of a clinical trial, participants should be aware that the primary purpose of a clinical trial is to gain new scientific knowledge so that others may be better helped in the future.

[Learn more about participating in a clinical trial](#)

How Do I Find a Clinical Trial Near Me?

For a list of trials currently recruiting participants, visit ClinicalTrials.gov.

Last Revised: May 2016

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