



MAY

2018

Mental Health Month



Men and women experience many of the same mental health issues, but the willingness to talk about their feelings may be very different. This is one of the reasons that men and women's mental health symptoms may be very different as well. For example, some men with depression or anxiety 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 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 signs of an emotional problem.

Additional warning signs of mental health issues include:

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

If you've seen these signs in yourself or a loved one, Mental Health Awareness month is a great time to talk to someone about it!

Source: NIH.gov