



DEPRESSION IN MEN

The National Institute of Mental Health reports that men are less likely than women to talk about, recognize, or seek treatment for depression. Further, depression often manifests itself in men as anger, irritability, aggressive behavior, or other potentially harmful symptoms.

AmeriHealth Caritas encourages men feeling depressed to do the following:



Visit a primary care provider (PCP) for an annual wellness visit and screening for depression risk factors.



Avoid social isolation. You can follow the current physical social distancing guidelines but still stay connected with people.



Exercise regularly to support overall well-being.



Look for support groups in your community or on social media platforms to find encouragement and ideas for dealing with depression.



If needed, seek behavioral health therapy so you can talk to a provider about how you are feeling.