

Mental health for men: 7 signs you might need support, and how to find help

✓ Medically reviewed by Maven Family Physician, Danielle Dang and Chief Medical Officer, Neel Shah



What you need to know

- If you've noticed changes in your mood, sleep, or appetite, or you don't enjoy things you used to love, those can all be signs that you're struggling with your mental health.
- Mental health troubles are very common, and they're nothing to be ashamed of. They are usually also treatable. We're here to help you get the support you need.
- Reach out to your Care Advocate or a [Maven Mental Health Provider](#) any time.

It's estimated that 1 in 10 men will struggle with mental health during their lifetime—but did you know that men are much less likely than women to get a diagnosis or the help they need?

One reason for this is that men might feel ashamed to talk about their mental health or ask for help. (There's a real cultural stigma!) Also, symptoms can look different for men (more on that later). Know if you are experiencing changes to your mental health, you definitely are not alone. Keep reading to learn what to look out for, and how to get support.

What are some signs that you might be struggling with your mental health?

01

You noticed changes in your mood or behavior that you can't explain. Maybe you spend a lot of time feeling sad, anxious, or overwhelmed. Or maybe you react differently to problems and stressors.

02

You don't feel like socializing. Everyone has days where they don't feel social, but you might notice this happening more often than before.

03

You've lost interest in things you used to find enjoyable. Maybe hobbies and activities you used to love just aren't making you happy anymore.

04

You're struggling to concentrate, and find it hard to focus on tasks at work or at home.

05

Your sleep patterns or appetite have changed, and you're not sure why. Plenty of people who are struggling with their mental health notice differences in how they are eating or sleeping. This can show up in all sorts of ways: You might have insomnia, or you might find yourself sleeping more than ever. You also might have a much bigger or lower appetite than usual.

06

Your moods have changed. Are you feeling more angry or irritable? Lonely? Hopeless? We all feel this way sometimes, but serious mood changes might be a sign that something else is going on.

07

You have physical symptoms you can't explain like body aches, headaches, or digestive problems. Did you know that mental health problems can cause physical symptoms, too? Our minds and bodies are connected (in ways we don't totally understand), which is why people struggling with their mental health can also have very real physical symptoms as well.

There are also some symptoms that men are more likely to display than women, according to the Anxiety and Depression Association of America (ADAA).

You might notice things like:

- “Escapist” behavior, like spending a ton of time at work, watching sports, or fixating on a hobby
- Acting controlling, violent, or even abusive towards loved ones
- Risky behavior, like dangerous driving or taking unnecessary risks
- Feeling unusually angry or aggressive
- Abusing alcohol or drugs

What should I do if I notice some of these signs?

It's important to figure out what's going on and make a plan to get you feeling better. You can talk to your in-person provider, or make an appointment with a [Maven Mental Health Provider](#).

What can I do to feel better?

Anxiety and depression are very common mental health problems, but there are more conditions out there that you might be dealing with. Once you get help to figure out what's going on, there are plenty of ways to support your mental health and start feeling better. We're here to help. Reach out to a [Maven Mental Health Provider](#) any time.

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