

## HealthyMenMichigan PSAs

15 seconds

Everyone experiences stress, sadness, and anxiety from time to time—it's part of life. But if you are feeling overwhelmed, depressed, or unable to do the things you once enjoyed, it may be time to assess your emotional health. Visit [HealthyMenMichigan.org](http://HealthyMenMichigan.org) to take a free, anonymous mental health screening. Depression is treatable. This project is funded by the Centers for Disease Control and Prevention

15 seconds

If your bad days seem to be stacking up, it might be something more. You may be experiencing depression symptoms. Depression among men is common and treatable. Take an important step today by checking in on your mental health at [HealthyMenMichigan.org](http://HealthyMenMichigan.org). It's completely anonymous and free, and you'll find local resources too. This project is funded by the Centers for Disease Control and Prevention

15 seconds

If you find yourself yelling at other drivers on the road, feeling mad and shouting at people at work and home, you know it's not fun. Many people don't realize that anger is actually a symptom of depression – especially in men. Depression is common and treatable. Take an important step today by checking in on your mental health at [HealthyMenMichigan.org](http://HealthyMenMichigan.org). This project is funded by the Centers for Disease Control and Prevention

30 seconds

In basketball, if you miss a shot you try to grab the rebound. If you are struggling with stress, anger, alcohol use or coping with divorce, job change or uncertainty, you can take control of your next move by checking in on your mental health. Visit [HealthyMenMichigan.org](http://HealthyMenMichigan.org) to take a free, anonymous mental health screening and find tools and resources to help you get back in the game. [HealthyMenMichigan.org](http://HealthyMenMichigan.org). This project is funded by the Centers for Disease Control and Prevention

30 seconds

Financial stress, relationship issues, and work challenges can have an impact on your mood. But if you're consistently in a bad mood or just don't feel like yourself, it may be depression. Depression among men is common and treatable. Visit [HealthyMenMichigan.org](http://HealthyMenMichigan.org) and take a free, anonymous mental health screening and get your life back on track today. This project is funded by the Centers for Disease Control and Prevention

30 seconds

Do you find yourself angry a lot? Are you yelling other drivers on the road, fuming about what a coworker said, and really angry at your family? Anger can make people extremely unhappy and stressed, but many people don't realized it can actually be a symptom of depression – especially in men. Depression is common and treatable. Visit [HealthyMenMichigan.org](http://HealthyMenMichigan.org) to take a free, anonymous mental health screening and find tools and resources to help you be happy again. [HealthyMenMichigan.org](http://HealthyMenMichigan.org). This project is funded by the Centers for Disease Control and Prevention