**Men in Michigan Can Get Mentally Healthy Today!**

Each year, more than 6 million men in the United States have a depressive episode. Unfortunately, depression in men often goes undiagnosed and untreated, and the consequences are made evident by suicide statistics. Four out of every five suicides are completed by men.

In Michigan, the state’s suicide rate exceeds the national average. It is the 10th leading cause of death for Michigan residents of all ages. More than twice as many people die by suicide than homicide.

Knowing the signs of depression can help people to identify this common and treatable condition before it progresses. Symptoms include:

* Lack of pleasure in activities once enjoyed
* Consistent sad or irritable mood
* Trouble sleeping or sleeping too much
* Trouble concentrating
* Feeling hopeless, worthless, and excessive guilt
* Physical symptoms that do not respond to treatment

Men often try to ignore mental and physical health symptoms, allowing depression to go undiagnosed. Those symptoms can manifest themselves negatively, causing those affected to appear irritable, aggressive or angry. In some situations, the individual may even try to self-medicate with alcohol or drugs.

HealthyMenMichigan is a public education campaign focused on helping to reduce the suicide rate among working-aged men in Michigan by offering free and anonymous mental health screenings. Men who take the screenings will be directed to local resources where they can receive follow-up treatment.

Seeking help before a problem reaches a crisis point is essential. For those who have been putting off checking in on your symptoms, today is the day to make a change. It can dramatically improve your quality of life. Take the first step with an anonymous mental health screening at [HealthyMenMichigan.org](http://healthymenmichigan.org).