






MIDLIFE & MEN'S DEPRESSION 🔍

*Help yourself **menD***

Men talk about their
experiences with depression



This booklet is based on men's experiences of depression, and the quotes are taken directly from what men and their partners said about their experiences with men's depression. Knowing that you are not alone in your experiences of depression can be an important first step toward getting help. By clicking on or touching these icons   , pages in this booklet link to corresponding videos, podcasts and websites.

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This publication is also available for download at: www.mensdepressionhelpyourself.ubc.ca and www.menshealthresearch.ubc.ca


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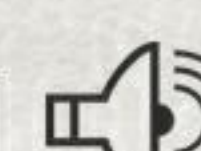



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Hiding my depression

“ I wanted people to *look up to me.* ”

“ I wanted people to think
I was tough. ”

“ I wanted people to think
I was the man. ”



A man in a dark suit and blue shirt is pulling open his shirt with both hands, revealing his bare chest. The background is dark, and the lighting is dramatic, highlighting the man's torso and the texture of the fabric.

“

It's the culture of the

stoic warrior

...we just don't.

It's not okay to ask for help.

*It's not okay to admit
to any kind of weakness.*



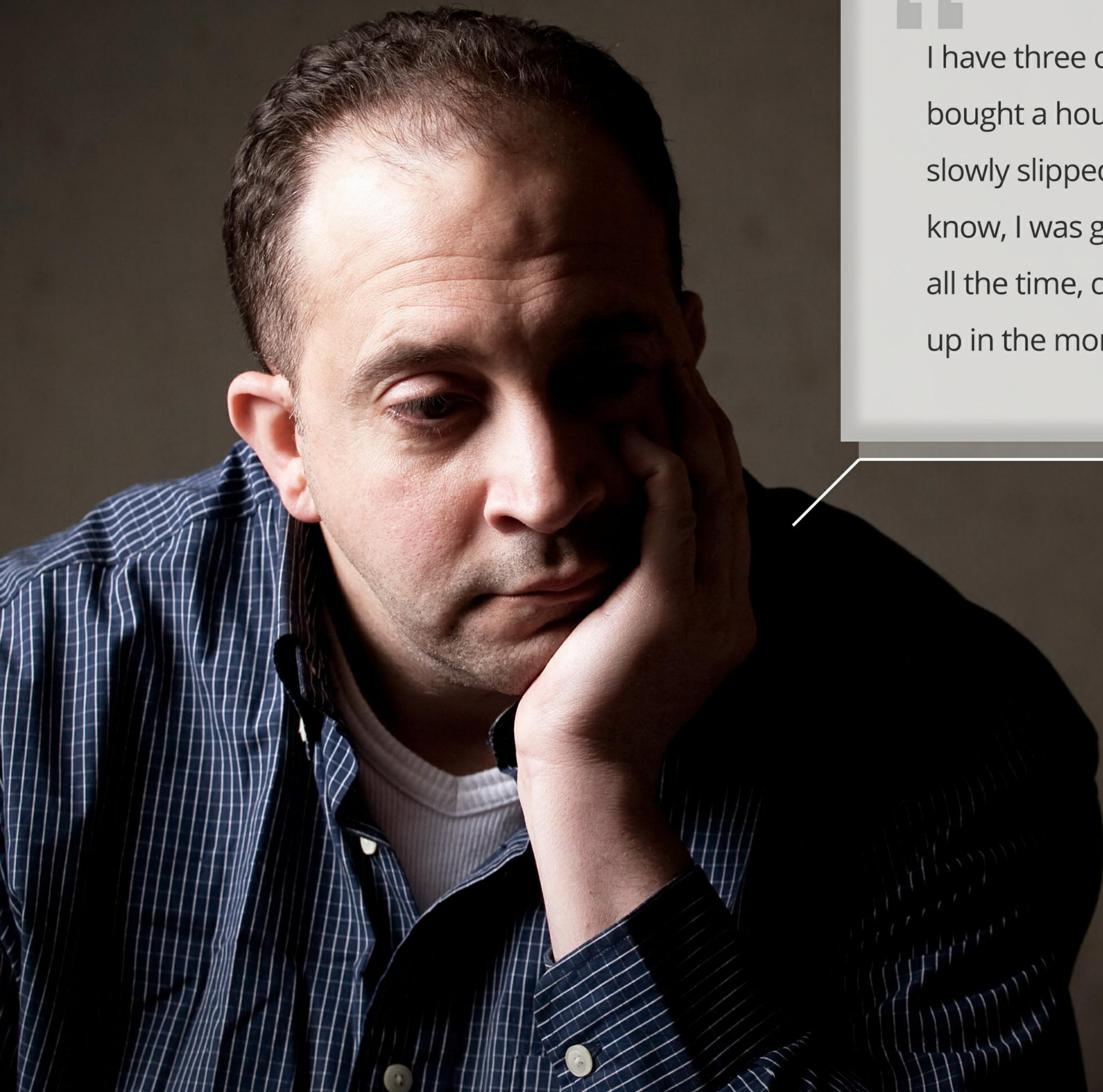
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“

You put up this **false** front that *you're strong, you're confident and you have everything together* when in fact, you're exactly the **opposite** of all those things. Eventually the fabric of your lies will be seen right through and it makes you feel ten times worse because now you've lost their trust. 🔊

”



“

I have three daughters, I was married, bought a house, had all that and it just slowly slipped through my fingers. You know, I was getting depressed, nightmares all the time, couldn't function, couldn't get up in the morning anymore.

”

How do I know if I'm struggling with **DEPRESSION?**

Wrestling with your thoughts?

"It's not that I wanted to die. It's just I wanted to stop feeling. It's quite maddening when you feel depressed and you can't get over it."

Loosing interest?

"I didn't feel anything."

"There are certain times when I don't enjoy anything, like there is no pleasure from the things that I normally get joy out of. I couldn't care less."

Feeling restless and slowing down?

"I thought I was going nuts... I didn't know what the hell I was saying, and the doctor says, 'you're having anxiety attacks'."

"It's not so much that you consistently think about why you're depressed. You consistently think about why everyone else isn't and you don't understand why it hurts to wake up."

"It's slowed me down... I was agitated and angry, trying to figure out all those emotions."





How do I know if I'm struggling with **DEPRESSION?**

Feeling worthless or guilty?

"I started looking for ways out of having to own up to my responsibilities as a man...I started feeling like I wasn't up to standard."

Looking for relief?

"I started looking at ways out with drugs and alcohol, giving me a temporary way out."

Thinking about death?

"As soon as I saw some problems come up, I worried and then it made me depressed, saying 'gosh how am I going to solve all these problems?' and then I felt like I just wanted to die. I felt like I couldn't live anymore."



"If I didn't touch the brake, I could just lose control, and it would look like an accident. It would all be over. And that's when I thought,

'I've got to do something about this. I've got to go to the hospital.'

So, instead of turning right to go to work, I turned left and went to the hospital, and I checked myself in."

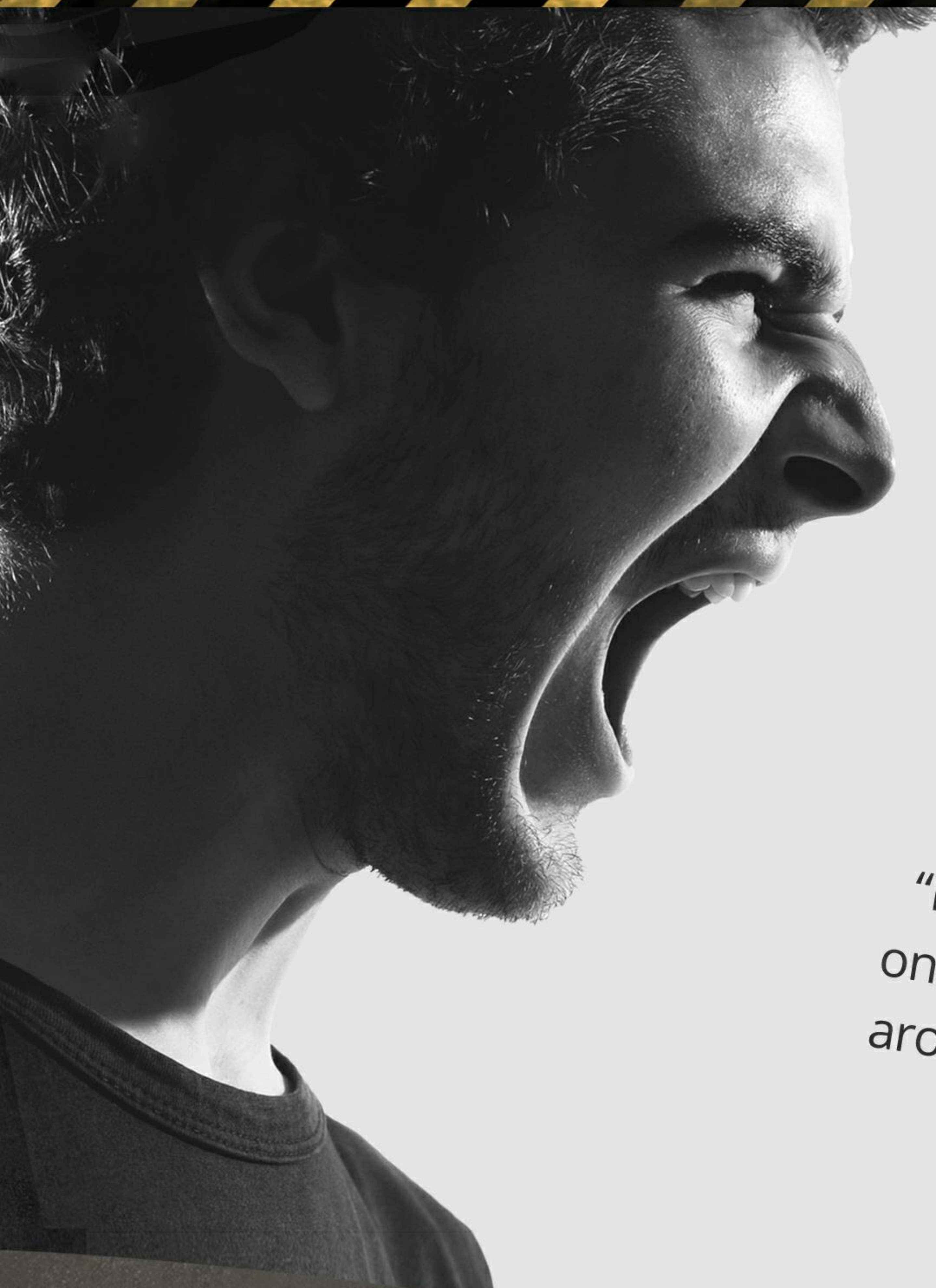


SUICIDE
IS NOT
THE SOLUTION 

CHALLENGE
AHEAD



DEPRESSION **HURTS** RELATIONSHIPS



"Depression is more lonely when you're not in a relationship. Misery wants company sort of thing."

"I don't feel like my old self, you know, everything from erections to stamina to ejaculation... there's a lot of question marks."

"I'm frustrated and angry, and everybody knows it. I take it out on my family. I'm short tempered... not a very nice person to be around."

HE says...

DEPRESSION **HURTS** RELATIONSHIPS

"I dance on eggshells."

"He can seem absolutely normal, sweet, loving, wonderful, attentive, but when he's off medication, he's a completely different guy."

"There was the trust issue, I needed to trust that he was going to get up and go to work... that he was going to do what he said he was going to do."

"When they're triggered and going into their depression, you have to stand back and not be triggered yourself, and don't take it personally. That's what took me a long time to figure out... I'm not the girlfriend right now. I am just somebody who's there, who could potentially be a threat to him once his mind gets going."

"Sex was not happening... my role in his depression was to keep him sexually satisfied."

SHE says... 

Relationships change with men's depression

"I'm the wife so I think the big part of that is being supportive, hearing and validating, and I don't always get an A+ on that... so I say to him, maybe I'm not the person you should be talking to about this because I don't think it's helping. I'm getting frustrated and you are getting angry."



Tough Love

"It's just because he'll be in this funk and he's like, 'well I can't do anything for my self-improvement until I see the psychiatrist.' And I go, 'bullshit, just get on with it.'"



Trading Places

"He says 'I find I always seem to be more dependent... I let her make the decisions'."

"She says 'He could work if he wants to but right now he figures he doesn't have to, so I just don't care. If he doesn't want to, then that's ok. Just got to have patience and a lot of understanding... that's all a guy really needs'."



ABOUT SEEKING HELP

"I had nothing to lose at this point..."




...but I had *plenty to lose*
if I didn't get help."

"You know, if you're sick of being miserable...
then it's time for you to get help."



Take Action. Help yourself menD.



“There’s always someone somewhere who cares it seems, you know, in the deepest, most despairing moments. Humans are humans, they don’t want to see other people get hurt so I would say reach out, you’re not tough. Even though it’s embarrassing, you feel guilty, you feel weak, but it’s the best thing to reach out for help, I think, now after having done so.” 

SOME **MANLY** ADVICE



"It was kind of a **revelation...** perhaps we do need to be a bit more open about **men's depression.**"

Men's Health Research

University of British Columbia 
Vancouver BC Canada



Further information:

