






OLDER MEN & DEPRESSION

Let's talk about the menD 🔍

This booklet is based on older men's experiences of depression – and the quotes are taken directly from what older men said about their depression. Knowing that you are not alone in your experience 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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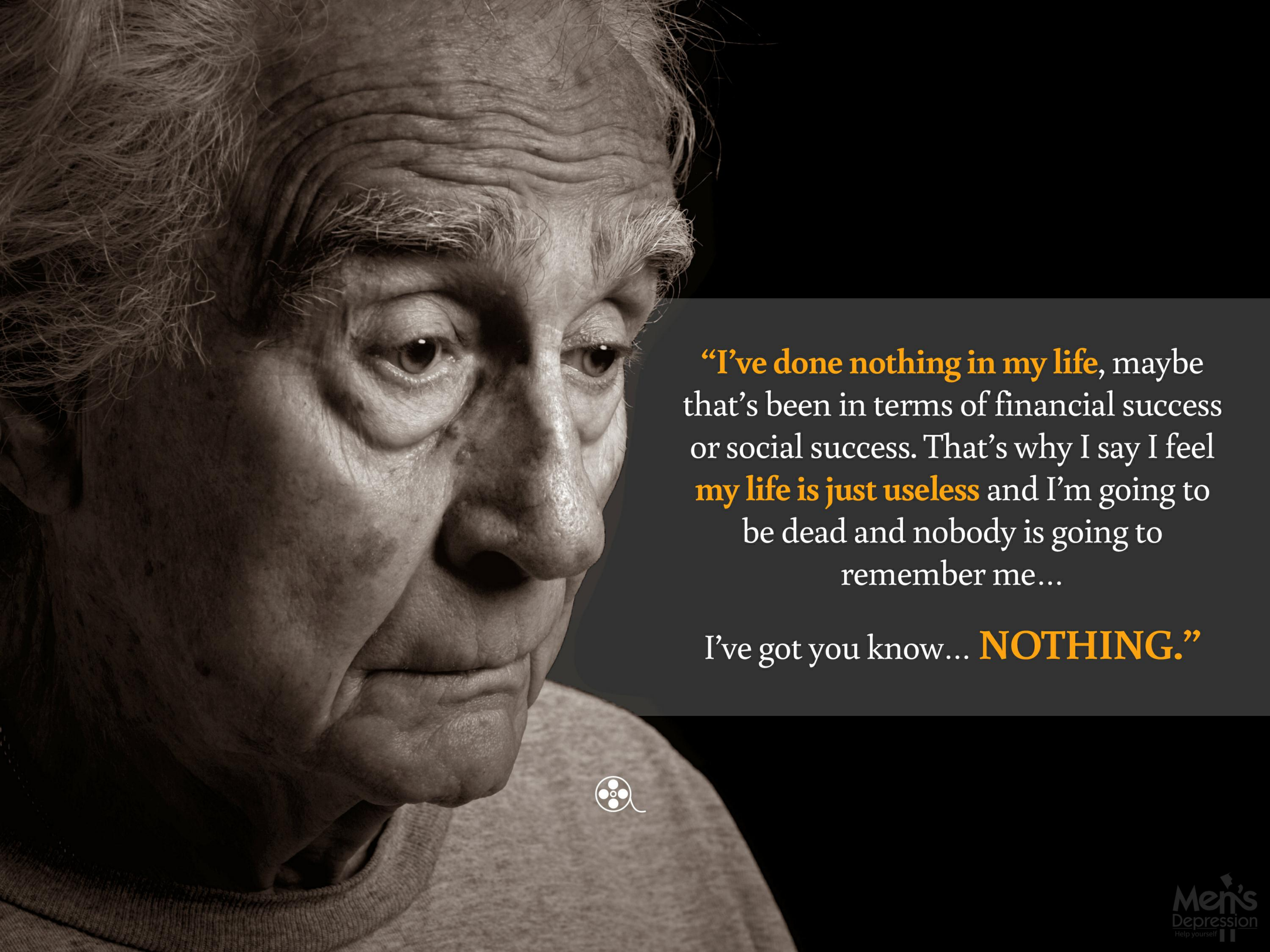
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DEPRESSION LEADS TO **LOST... UNREALIZED EMPIRES**

“So after fifteen years of hard work I got a handshake and a loony, I was sick over that... everything I had, the empire is gone.”

“It’s just like there’s no winning...you’re dedicated, do the best you can, work hard, and get kicked in the teeth.”



“I’ve done nothing in my life, maybe that’s been in terms of financial success or social success. That’s why I say I feel **my life is just useless** and I’m going to be dead and nobody is going to remember me...

I’ve got you know... **NOTHING.”**





THINKING ABOUT ENDING IT

“With the insurance I carry,
financially they would be a hell
of a lot **better off without me.**”





MAKING THINGS WORSE?

“But in all honesty, I know
that suicide would **make
things worse.**”



Depression leads to **FAILED PROVIDERS**

“You haven’t accomplished what you set out to do and set your family up... so as they say, I never did figure out a way to do it.” 



“Even with my wife, I can’t hug her, we’ve *never* had a close relationship. I’ve always *pushed her away*.”



WORRYING ABOUT DEATH

“I’ve noticed it’s got worse and worse as I progressively get older. I’m not facing my mortality, nobody wants to die but we all die and I didn’t, **I couldn’t accept, I still can’t accept that.**”




LOST PURPOSE



“To *sit there* and *stare at nothing* or lay there and just be *uncomfortable* and just *not want to do anything*... maybe as you get older that’s what you’re supposed to do. I don’t know.”

WHEN LOSSES ACCUMULATE...

"I see myself as a guy who's just got too many problems and doesn't know what to do about them...They're apparently unsolvable and I'm just sort of worn down by them to the extent that I don't have any goals anymore." 





WORK, RETIREMENT & DEPRESSION

“My whole life has revolved around my job and the company, and then suddenly that ends and I found myself at a loose end with nothing to do. No purpose in life anymore.”

“I don’t know what’s going to happen if I have to retire. I really like being somebody.”

“Even though I’m retired it’s like I need to keep proving myself. I need to keep having accomplishments. If I didn’t do anything I’d really be in trouble.”



TAKING CONTROL



“The biggest thing is...

Don't sit at home and brood on it.

Do something about it and see someone!”





What is on the other side of depression?

DEPRESSION
ENDS
AHEAD



“The first thing is to admit that **there is a problem.**”



Fixing It

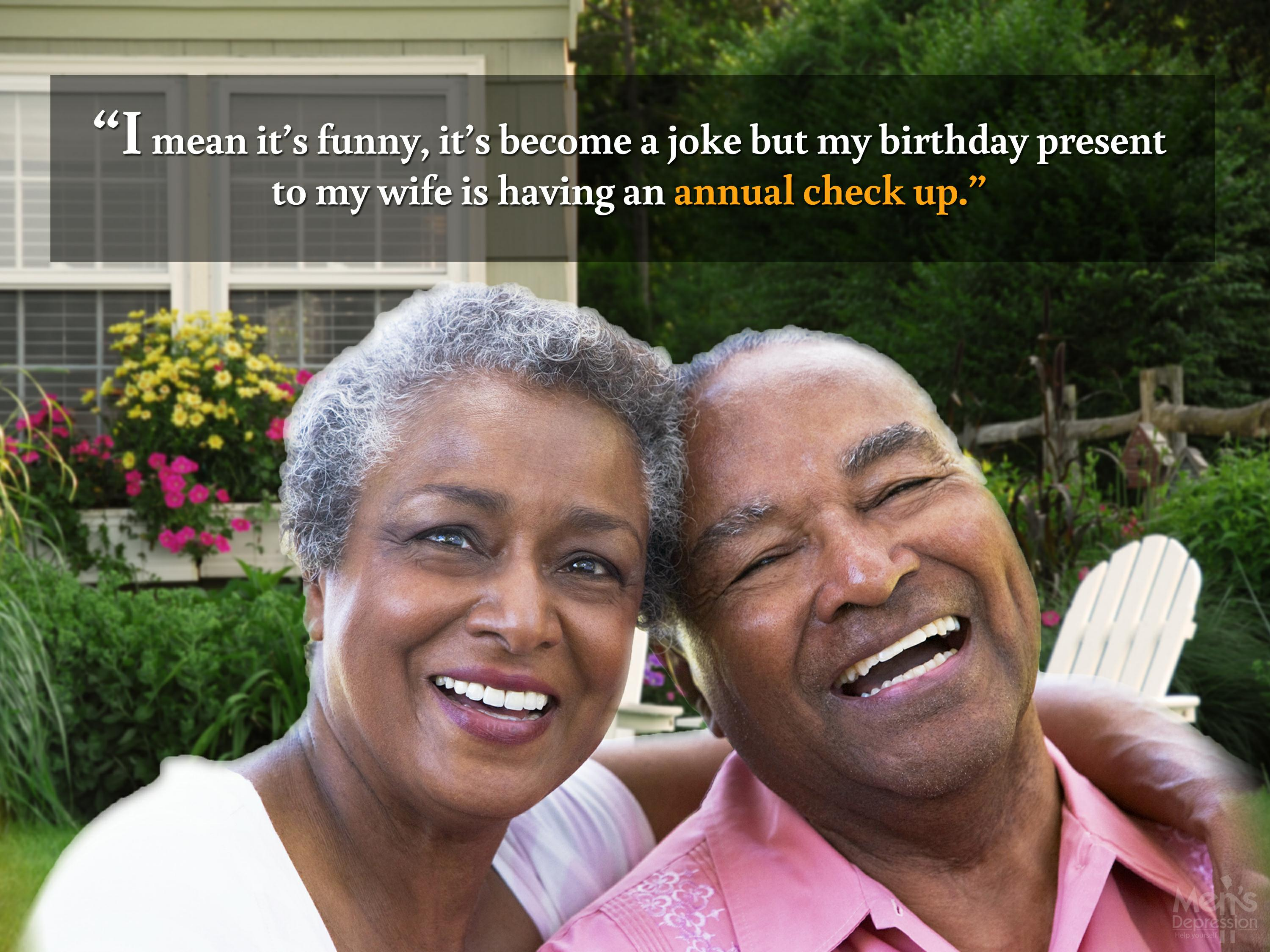
“You have to realise that it's not about what happened to you. It's about **what you do** with what happened to you.”



“**You** want to live in the little hole you dig and keep on digging it deeper and deeper so you can never come out but you have to **find your way out** and it’s probably **a good realization, an awareness.**”



“I mean it’s funny, it’s become a joke but my birthday present to my wife is having an **annual check up.**”



SOME ADVICE

“Ask other men if they have any advice, ‘What do you do when you feel really down?’ Introduce the subject that way.”





“The older you get, the stronger
you have to get. Getting old is
not for sissies.”

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Further information:



Men's Health Research

University of British Columbia
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