

Signs of depression in men and women



Depression is a real medical condition that can affect anyone, no matter their race, sex, age or ethnicity. However, depending on someone's sex, they may go through depression differently.

Many men do not recognize or seek help for their depression, meaning they are more likely to go without treatment or diagnosis. Although increased use of alcohol or drugs can be a response to depression in any person, men may be more likely to use substances to help them cope. Men are often more likely to seek care when their mental health symptoms appear as physical problems like a racing heart or digestive issues.

In general, women are more likely to experience depression than men, which is likely related to biological, hormonal, and social factors that are unique to women. Pregnancy, the postpartum period (after birth), menopause and the menstrual cycle all come with physical and hormonal changes. This means women may experience different types of depression depending on their life stage.

Depression is a serious illness for both men and women. With the right treatment, most people can get better and overcome the physical and emotional symptoms of being depressed.

COMMON SIGNS OF DEPRESSION INCLUDE*:

- ✓ Feeling sad or "empty"
- ✓ Feeling hopeless, irritable, anxious, angry or guilty
- ✓ Loss of interest in hobbies
- ✓ Feeling very tired
- ✓ Not being able to concentrate or remember details
- ✓ Not being able to sleep, or sleeping too much
- ✓ Overeating, or not wanting to eat
- ✓ Thoughts of suicide or self harm
- ✓ Aches or pains, headaches, cramps or digestive problems

If you think you might be depressed, speak with your Care Management nurse and your health care provider to discuss how changes to your lifestyle habits and/or treatment can help.

* Symptoms should typically last at least two weeks to be diagnosed as depression.

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Source: National Institute of Mental Health (NIMH) and U.S. Department of Health and Human Services, [nimh.nih.gov](https://www.nimh.nih.gov)

Sources: American Psychiatric Association, Centers for Disease Control and Prevention (CDC) and National Institute of Mental Health (NIMH)

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