



Boys & Men Mental Health

Warning Signs

Anxiety

Unexplained physical illness,
Fear of asking questions,
Tendency toward perfectionism.
Avoids meeting new people,
Avoids speaking up,
Desires loneliness

Depression

An unusually sad mood.
Loss of enjoyment and interest in activities.
Lack of energy and tiredness.
Feeling guilty though not at fault.
Difficulty concentrating or making decisions.
Having sleeping difficulties

Hopeless

Feeling worthless or feeling
Deterioration of friends and family relationship
Substance abuse (drugs, alcohol, social media)
Self-abusive behaviors, such as GBV, Sex, cutting
Poor emotional management
Increased isolation or aggression

Suicidal

Thinking often about death or wishing to be dead
Verbally threatening to hurt or kill himself/herself
Talking or writing about dying
Increase in risky behaviors
Giving away prized possessions
Sleep disturbances

Stress

Extreme change in diet or activity levels
A sudden change in sleep habits.
Fear of the future and Everything
Pounding heart, chest pain, rapid heartbeat,
Hyperventilation, shortness of breath.
Dizziness, headache, sweating, tingling, numbness

How You Can Help

Pray for the person
Listen non-judgmentally - ask questions
Give reassurance and information
Encourage self-help and other support strategies
Contact a Social Worker/Life skill Teacher/Dr

FOR MORE INFORMATION VISIT US

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