



Outreach of the Month:



Information for Your Patients

July 2025

Volume 7

In This Issue

Gaps in care Outreach topic:

Mental Health Awareness for Men

Follow the Link:

Helpful Links:

<https://reliefmh.com/>

<https://www.nimh.nih.gov/>

Contact Us:

18800 Hubbard Drive, Ste. 200

Dearborn, MI 48126

313-240-9867

<http://www.uopdocs.com>

Nearly 1 in 10 men experience depression or anxiety *but less than half will receive treatment and more than 4 times as many men as women die by suicide every day.*

Men with depression often aren't diagnosed for several reasons, including:

- Failure to recognize depression.
- Downplaying signs and symptoms.
- Reluctance to discuss depression symptoms.
- Resisting mental health treatment.

Notice the warning signs of depression. According to Families for Depression Awareness, signs of adult depression – which are changes from how the person usually is – may include:

- Talking very negatively or expressing hopelessness.
- Acting without concern for others.
- Abusing alcohol or drugs.
- Withdrawing from family and friends.
- Problems concentrating, making decisions or remembering.
- Talking suddenly about separation or divorce.
- Complaining of physical aches and pains.
- Eating too little or too much.
- Sleeping too much or too little.

It's vital that all of us speak up and fight against stigma for the mental health of the men in our lives. We all have mental health, and we should all be able to talk about it when we're facing difficult moments in life.

Contact your UOP PCP today

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