

# Mental Health Symptoms in Men and Women

Men and women experience mental health illnesses differently. Use this chart to help identify and understand symptoms and behaviors you or someone you know may be experiencing.

If you or a loved one needs immediate help, please call or text the 988 Suicide & Crisis Lifeline at 9-8-8.

	MEN	WOMEN
<b>Depression</b>	<p>Men may exhibit less-recognized depression symptoms like:</p> <ul style="list-style-type: none"> <li>• irritability</li> <li>• aggression</li> <li>• anger</li> </ul>	<p>Women are more likely to experience traditional symptoms of depression:</p> <ul style="list-style-type: none"> <li>• sadness</li> <li>• worthlessness</li> <li>• excessive guilt</li> </ul>
<b>Anxiety</b>	<p>Men may display symptoms like:</p> <ul style="list-style-type: none"> <li>• irritability</li> <li>• substance abuse</li> <li>• risk-taking behaviors</li> </ul>	<p>Women are more likely to experience anxiety disorders than men. They may exhibit symptoms such as:</p> <ul style="list-style-type: none"> <li>• excessive worry</li> <li>• rumination</li> <li>• physical manifestations like tension and restlessness</li> </ul>
<b>Substance Abuse</b>	<ul style="list-style-type: none"> <li>• Men are more likely than women to engage in substance abuse as a coping mechanism for underlying mental health issues.</li> <li>• Substance abuse in men may be linked to depression, anxiety, or other mood disorders.</li> <li>• Men are more likely to experience social and economic problems due to addiction.</li> </ul>	<p>When women are abusing substances, you will notice changes in behavior like:</p> <ul style="list-style-type: none"> <li>• becoming more secretive or withdrawing from social activities.</li> <li>• changes in eating habits and appetite</li> <li>• may experience weight loss or weight gain</li> <li>• changes in skin complexion</li> <li>• a decline in personal hygiene</li> </ul>
<b>Suicide</b>	<ul style="list-style-type: none"> <li>• Men are most likely to die by suicide.</li> <li>• Men may be less likely to seek help or talk about their suicidal thoughts.</li> <li>• Men's suicide attempts may involve more lethal methods.</li> </ul>	<ul style="list-style-type: none"> <li>• More likely to attempt suicide.</li> </ul>