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**ASPEN
Answers**

by Barry Erath, MSSW, LCSW

**REAL MEN GET
DEPRESSED, TOO**

Although depression may be more common among women, men also get depressed. According to the National Institute of Mental Health, at least six million men in this country suffer from depression each year. Those affected should not try to dismiss their conditions or neglect treatment out of embarrassment because the risks of doing so are potentially life threatening. Not only does depression increase the risk of serious health problems such as high blood pressure, heart disease, and stroke, it is also the leading cause of suicide. Men are four times more likely than women to take their own lives. Depression is more than simply feeling sad and unmotivated.

It is a health problem that can be effectively treated.

If you are depressed, it's vital to your health that you get treatment, the same way you would for an infected appendix. Our counselors can provide you with proven techniques for dealing with your depression, regardless of your gender. We can also help you if you're wrestling with grief, depression, or anxiety. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Road, Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. Symptoms of depression in men may include escapist behavior, controlling/abusive/violent behavior, alcohol or substance abuse, inappropriate anger, and unhealthy sexual relationships.

ASPEN
Family Counseling
www.aspenfamilycounseling.com