

# MEN'S MENTAL HEALTH MATTERS AT ANY AGE

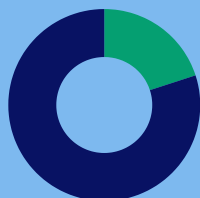


## GRIEF, RETIREMENT, AND HEALTH CHANGES ARE SERIOUS STRESSORS

Life transitions such as losing a spouse, managing chronic illness, or stepping away from a career can increase the risk of depression, especially for men, who are often less likely to talk about their emotional struggles.

## MENTAL HEALTH AFFECTS INDEPENDENCE

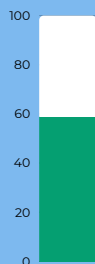
Depression and anxiety can impact energy, memory, motivation, and physical health. When left untreated, they can make it harder for older adults to stay active, engaged, and independent.



**80%**  
OF SUICIDE DEATHS  
IN THE UNITED  
STATES ARE MEN



OLDER ADULTS  
AGED 75 AND OLDER  
HAVE SUICIDE RATES  
FAR ABOVE THE  
NATIONAL AVERAGE



**ONLY 59%**  
OF MEN WITH SERIOUS  
MENTAL HEALTH  
CHALLENGES RECEIVE  
TREATMENT IN A YEAR



OLDER MEN ARE  
SIGNIFICANTLY LESS  
LIKELY THAN WOMEN  
TO SEEK MENTAL  
HEALTH TREATMENT.

## COMMON SIGNS OF DEPRESSION IN OLDER MEN

- Irritability or anger
- Loss of interest in activities
- Withdrawal from family or friends
- Changes in sleep or appetite
- Increased use of alcohol
- Talking about feeling hopeless or like a burden



**Talk about mental health with the older men in your community.**

Support from family, friends, and local programs can help break stigma and improve outcomes.

Sources:  
National Institute of Mental Health  
Centers for Disease Control and Prevention  
Mayo Clinic

# Sudoku

4	6						5	2
5		2	1	4				
				2		4		9
2	1		9					8
	8	7		3		2	4	
6				8				
							8	
			8		3		9	
8	3	9				5	2	1

## How to Solve Sudoku

Sudoku is a number puzzle made up of a 9×9 grid.

Fill in the grid so each row, each column, and each 3×3 box contains the numbers 1-9 exactly once.

Sudoku is all about logic, no math required. Take your time and have fun!

