

6 SIGNS OF DEPRESSION IN **BLACK MEN**

AT LEAST 7% OF BLACK MEN WILL EXPERIENCE DEPRESSION IN THEIR LIFETIME

ANGER

Men at times manifest hostility, aggressiveness, and anger when depressed. It's more than irritability and can strike at the smallest things.

SUBSTANCE ABUSE

such as alcohol and marijuana to "numb" the pain as a coping skill. to increase depressive symptoms.

LOSS OF FOCUS

Depression can slow down a man's ability to process information, thereby impairing concentration on work or other tasks.

Chronic pain and digestive issues can be related to

Men are less likely to report erectile dysfunction when depressed, which can cause depression to worsen. Many suffer from sexual dysfunction due to madical conditions. due to medical conditions / medications which can cause depression.

INCREASE IN PHYSICAL PAIN OR CHRONIC MEDICAL ISSUES

depression.



SUICIDE THOUGHTS

Men are 4X likely to die by suicide and 7-8 Black Men die daily from death by suicide.

SOURCES : SUICIDEOLOGY.ORG

BLACKDOCTOR.ORG

NAMI. ORG

WWW.PATRICENDOUGLAS.COM



TIPS FOR SEASONAL DEPRESSION IN BLACK MEN

EVERYTHING IS GETTING ON YOUR NERVES

YOURSELF AND
AVOID INCREASING
ALCOHOL OR
DRUG USE

FEELING SAD/WORTHLESS

TALK TO A
TRUSTED PERSON,
AND OR SEEK OUT
PROFESSIONAL
SUPPORT



CRAVING
CARBS/INCREASED
DESIRE TO EAT HEAVIER

INCREASE HEALTHY
PROTEIN SNACKS....EAT
THE PASTA JUST IN
MODERATION

FEELING EXHAUSTED

WIND DOWN
EARLIER AND GO TO
BED AT A DECENT
TIME--STOP
SCROLLING SOCIAL
MEDIA AT NIGHT.
CHECK YOUR
VITAMIN D LEVELS AS
WELL

ANY PURPOSEFUL
TASKS

INCREASE SELF CARE
AND DON'T BE HARD
ON YOURSELF IF YOU
WANNA BINGE NEFLIX

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6 SIGNS OF ANXIETY IN

BLACK WOMEN

GOAL AVOIDANCE

Holding yourself back because you're afraid of possibly being put on the spot or not being able to do it.

WORRYING

Always thinking the worst scenarios about situations. Constantly worrying when it's not needed.

NERVOUS HABITS

Some develop ticks in the legs or face, or find themselves pulling their hair, biting their nails or pick at their cuticles.

STRESS IN
OUTINGS/EVENTS
Finding public events
are intimidating,
especially events with
large crowds, or finding
yourself preoccupied
with how others see you
in public.



SELF-MEDICATING

Drinking alcohol such as wine, using drugs, or even having increased sexual activities to calm down frequently.

PHYSICAL HEALTH

High blood pressure, rapid heart rate, and sweating are signs of anxiety turning into a potential panic attack.

SOURCES : MADAMENOIRE BLACK DOCTOR

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6 COMMON SIGNS OF DEPRESSION **IN ADOLESCENTS**

DRUG/ALCOHOL USE Substance abuse or nicotine use.

UNFOCUSED

Grades dropping/decreased interest in school and activities.

SUICIDE IDEATION

Offering to give their possessions away to friends (suicide ideation alert)

Increase in health issues such as

LACKING SELF CARE

Less attention to personal hygiene or appearance.

HEALTH ISSUES

stomach aches.

SELF HATE

Fixation on past failures or exaggerated self-blame or self-criticism.

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