



**It's ok, it happens to
a lot of guys.**

Angry? Tired? Feeling hopeless?

These could be signs of depression, a real illness that real men get.
Be strong. Ask for help.

For more information, visit us
online at www.DBSAlliance.org
or call (800) 826-3632



Depression and Bipolar
Support Alliance

Supported by a grant from the American Psychiatric Foundation