

# “I’m Good.” Is the Most Common Symptom We See.

But good doesn’t always mean good. Depression, anxiety and substance use don't always look the way people expect. In men, they often show up as something else entirely.

## What it can look like

- Anger, irritability or frustration that feels hard to control
- Withdrawing from family, friends or things you used to enjoy
- Trouble sleeping, or sleeping too much
- Drinking more than usual, or using substances to unwind
- Physical symptoms like headaches, back pain or stomach problems with no clear cause
- Difficulty concentrating or making decisions
- Feeling empty, numb or just going through the motions
- Thoughts of hopelessness or not wanting to be here

**These are not signs of weakness. They are symptoms. And they are treatable.**

## What you can do

- Talk to your primary care provider. You do not need to see a specialist to start the conversation.
- Be honest about what you are experiencing, including sleep, alcohol use, mood and stress.
- Ask about screening for depression and anxiety at your next visit.
- If you are in crisis right now, call or text 988 to reach the Suicide and Crisis Lifeline.

At Sam Rodgers, our providers and staff understand the people they serve. Our award-winning medical home brings behavioral health screening, counseling and care coordination together under one roof, in a modern, welcoming space. We see patients regardless of insurance or ability to pay.

Are you sure you’re good? Let's find out.

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