

"It affects the way you think,
it affects the way you feel..."

—Steve Lappen, Writer

Real Men. Real Depression.
"It just simply invades every pore of
your skin. It's a blanket that covers
everything. The act of pretending
to be well was so exhausting. All I
could do was shut down. At times
you just say, 'It's enough already.'"
Depression is a real disease that
can be successfully treated. For
information, call 1-866-227-6464,
visit www.nimh.nih.gov, or contact
your health care provider.

It takes courage to ask
for help. Steve did.



NIMH
National Institute
of Mental Health

National Institutes of Health