Male Depression After Divorce
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Men experience many emotions after divorce and one of the most common times for men to experience depression is after divorce. There are many factors in this such as lack of social support, loss of income, change in living space, hiding depression in workaholism or alcoholism and the loss of family or identity. These types of changes deeply negatively affect men's mental health. Men are not likely to feel comfortable admitting to the depression nor searching for help with a mental health issue. The more that the therapy community is aware of these problems, the more that therapists can address it such as with marketing materials and reaching out to doctors. With the likelihood that depression can possible lead to suicide, especially for men, discussing the more that we can better address the problem when it comes up in therapy and counseling sessions.

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