

5 Major Mental Health Problems Affecting Men

DEPRESSION

Over 6 million men suffer from depression per year. Male depression often goes undiagnosed. Men are more likely to report fatigue, irritability, loss of interest in work or hobbies, rather than feelings of sadness or worthlessness.

ANXIETY

Approximately 19.1 million American adults ages 18 to 54 have an anxiety disorder. 3,020,00 men have a panic disorder, agoraphobia, or any other phobia.

BIPOLAR DISORDER

2.3 million Americans are affected. An equal amount of men and women develop the illness.

PSYCHOSIS AND SCHIZOPHRENIA

3.5 million people in U.S. are diagnosed with schizophrenia and its one of the leading causes of disability. 90% of people who are diagnosed with schizophrenia by age 30 are men.

EATING DISORDERS

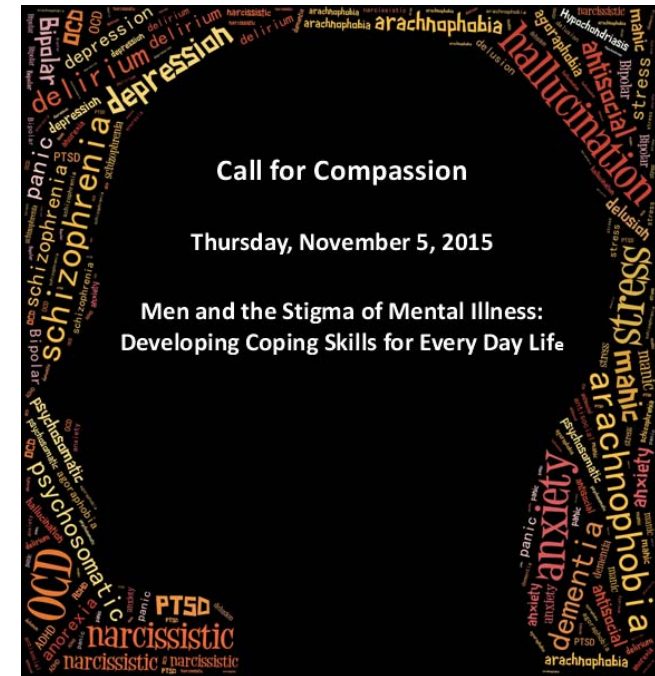
Males account for an estimated 10% of patients with anorexia or bulimia and an estimated 35% of those with binge-eating disorder.

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429 North Main Street, Suite 2
Greenville, SC 29601

Mental Health America of Greenville County Presents:



Suicide is the 7th leading cause of death among men. Join us as we learn more about men's mental health issues through speakers such as Heather Windsor. She will share her family's story about her husband, Bruce who lives with bipolar disorder. While suffering from the effects of his undiagnosed brain disorder, Bruce attempted to rob a bank with the intent of suicide. She shares her story to help others understand mental illness and offer hope for change.

Thursday, November 5, 2015

John Knox Presbyterian Church

35 Shannon Drive, Greenville SC 29615

8:30 **Registration**

9:00 **Welcome**
Jennifer Piver
*Mental Health America of Greenville County
Executive Director*

9:10 **Opening Devotion**
The Rev. Julie Shaaf
*Mental Health America of Greenville County
Board Member*

9:30 **“One Family’s Experience with Bipolar Disorder”**
Heather Windsor
Heather Windsor will be sharing her family’s story about her husband, Bruce who lives with bipolar disorder. While suffering from the effects of his, at the time, undiagnosed and untreated brain disorder, Bruce attempted to rob a bank with the intent of committing suicide. Thankfully, he was not successful in his attempt to kill himself, but his actions occurred in a way that led to a lengthy prison sentence, brought national and local media attention, and left Heather at home to raise their four children without her husband.

Heather is learning to walk with God by faith and praise and is reminded daily to depend on Him because of the “wonders he has done.” (Psalms 105:5) She will be sharing her story in an effort to help others understand the need to be transparent with their families, friends, and especially church families for much needed help and real change to occur.

10:15 **“Issues of Addiction”**
Mike Mallone
FAVOR (Faces and Voices of Recover)
Explore the impact of substance abuse on the men and their families. Increase your understanding of the complex issues regarding addiction and recovery.

11:00 **Break and Exhibits**

11:15 **“Navigating through Emotional Difficulties: Six Coordinates for Staying on Course”**
Johnny Price
The Mindfield
Gain an understanding of how debilitating depression in men can be. Through one man’s journey you will gain insight into this struggle and some tools necessary to persevere towards mental wellness.

12:00 **Lunch and Exhibits**

1:00 **“The Effects of Suicide on Family and Church”**
Jack DePriester
*Grief Share, Facilitator
Stephen Minister and Leader,
First Presbyterian Church Greenville*
Explore the complicated grief experienced by those who lose a loved one to suicide. Learn how to support those survivors of suicide in your family and faith community.

1:45 **Closing Remarks**

Call for Compassion
Men and the Stigma of Mental Illness:
Developing Coping Skills for Every Day Life

Register online at <http://goo.gl/KganMh>

or return this form to:

Mental Health America of Greenville County
429 North Main Street, Suite 2
Greenville, SC 29601
For More Information: Call 864-467-3344
www.MHAGC.org

RSVP by Wed., November 4, 2015

3 General CEU Hours Included

\$35.00 per person

Make checks payable to **MHAGC**

Name: _____

Affiliation: _____

Address: _____

Phone: _____

E-mail: _____