

For Immediate Release

July 10, 2008

Your Head: An Owner's Manual
A New Tool to Help Men Address Depression, Anxiety, and Stress

On the heels of Men's Health Month (June), Men's Health Network is announcing the release of *Your Head: An Owners Manual; Understanding and Overcoming Depression, Anxiety and Stress*. Written by Armin Brott and a Medical Advisory Board, the manual addresses three critical mental health issues that men face today, depression, anxiety, and stress. The manual is the latest addition to the Blueprint for Men's Health series and was made possible through an unrestricted educational grant from Forest Laboratories, Inc.

This book provides men of all ages, and those who love them, with realistic perspectives about mental health along with practical approaches that can make a difference in their lives. The Medical Advisory Board—which includes psychiatrists, physicians, psychologists, public health experts, and social workers—with unique perspectives provide insights and reflections on the emotional needs of men while explaining how men can ask for help, with dignity, when needed. This book highlights common signs and symptoms of depression, anxiety, and stress to help men and those who love them recognize the need for intervention, and provide suggestions for dealing with everyday problems.

"We are proud to offer this manual to help men make sense of the depression, anxiety, and stress taking a toll on their physical and emotional wellbeing," explained Scott Williams, VP, Professional Relations & Public Policy for Men's Health Network. "Much like an owner's manual for their car this tool will help men recognize the early warning signs of a larger health issue, and guide them toward help they may need."

Reader feedback includes:

"This looks great and is a much needed enhancement for our men's services program,"
Robert Janssen, Health Services Manager, Pinellas County Health Department.

"This is a terrific resource! It is written well, easy to understand, and easy to follow. Sometimes seeing this information in print helps more than the spoken word - gives more credibility to the message," Faith R. Protsman, M.D., Center for Stress Management.

To receive a free electronic copy of the book, please visit: www.blueprintformenshealth.com ,
email info@menshealthnetwork.org or call 202-543-6461 x101.

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Men's Health Network is a non-profit educational organization committed to improving the health and wellness of men and their families through programs that reach men where they live, work, play, and pray.