

For Immediate Release

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**Financial and Home Foreclosure Crisis Impacts Health of Men and Their Families
New Publication Offers Practical Tips, Strategies, and Resources**

The international financial and home foreclosure crisis has not only made an impact on the wallets of families across the country it has also made a serious impact on their mental health and wellbeing. In order to address the growing problem Men's Health Network is making available *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.

"We are offering this manual to help men and their families recognize and overcome the stressors and challenges in these tough times which may lead to depression, anxiety, and stress," explained Scott T. Williams, Vice President at Men's Health Network.

This manual 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. Common causes of stress and depression include major life events such as bankruptcy and home foreclosure, not to mention the serious strain that financial troubles can place on marriages and relationships. Often a number of these risk factors will build up and the combination can lead to stress, anxiety, and/or depression. Practical tips and strategies for addressing and overcoming these problems are offered throughout the book. A few examples include:

- Set realistic goals.
- Do something you enjoy like playing with your kids, taking a bike ride, gardening, or having sex.
- Be patient with yourself and your situation.
- Exercise and eat healthy and balanced diet.
- See your healthcare provider or speak with a therapist.

To receive a free electronic or hard 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.