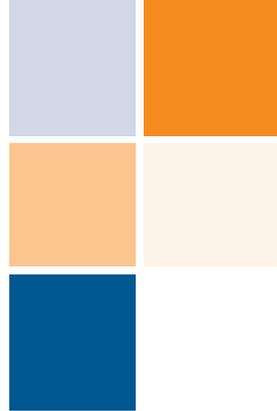


KeySolutions

Employee Assistance Program



Summer 2020



The Men in Our Lives: Their Mental Health Dilemmas

Most of us have important men in our lives; fathers, brothers, husbands, sons, partners, uncles, nephews and friends. Good mental health for every man is an important topic and one that is frequently overlooked. According to Mental Health

America, over 6 million men suffer with depression, often undiagnosed or treated. The American Foundation for Suicide Prevention reported in 2018 that men died by suicide 3.56 times more often than women. The National Institute on Alcohol Abuse and Alcoholism reports approximately 62,000 men die in alcohol related incidents annually in comparison to approximately 26,000 women. These statistics are alarming and indicate there are many aspects to consider when discussing men and their mental health.

For many men, there is a resistance to talk about how they feel. Talking about depression is difficult and can become a silent struggle. It is important to note that depression is not a sign of weakness. Depression does not selectively choose its target. It can happen to anyone. There may be factors contributing to depression for men. These may include genetic factors/family history, financial issues, work stress, loss and grief or illness. Men can hide some of their feelings and it might be seen in anger, irritability, detaching or working too much.

Men may turn to alcohol or drug use to ease some of the pain they feel. Using alcohol or drugs can numb emotions, therefore creating a false sense of security and resolve. In time, more abuse of alcohol or drugs can happen creating a spiraling descent for some men. This spiraling descent can lead to suicidal thoughts, a plan or even an attempt. Feelings of helplessness or hopelessness combined with feelings of isolation can be warning signs that might lead to suicidal thoughts or plans.

Encouragement, support and compassion are keys to better understanding men and the issues they experience. Being open and ready to listen, to be understanding, and not reply or judge, can go a long way in helping men open up about their struggles. Support and letting go of animosity in order to enhance communication is another way to help. Compassion at all levels is most important and creates a solid and secure place in which to open up. Having family support, good friends and people who understand will make a powerful difference.

If you are a man, or if you care about a man in your life, please call us at KeySolutions if it is time for a change. We are here to support you in a non-judgmental environment. It's okay to talk about it.

"Every man has his secret sorrows which the world knows not; and often times we call a man cold, when he is only sad." – *Henry Wadsworth Longfellow*

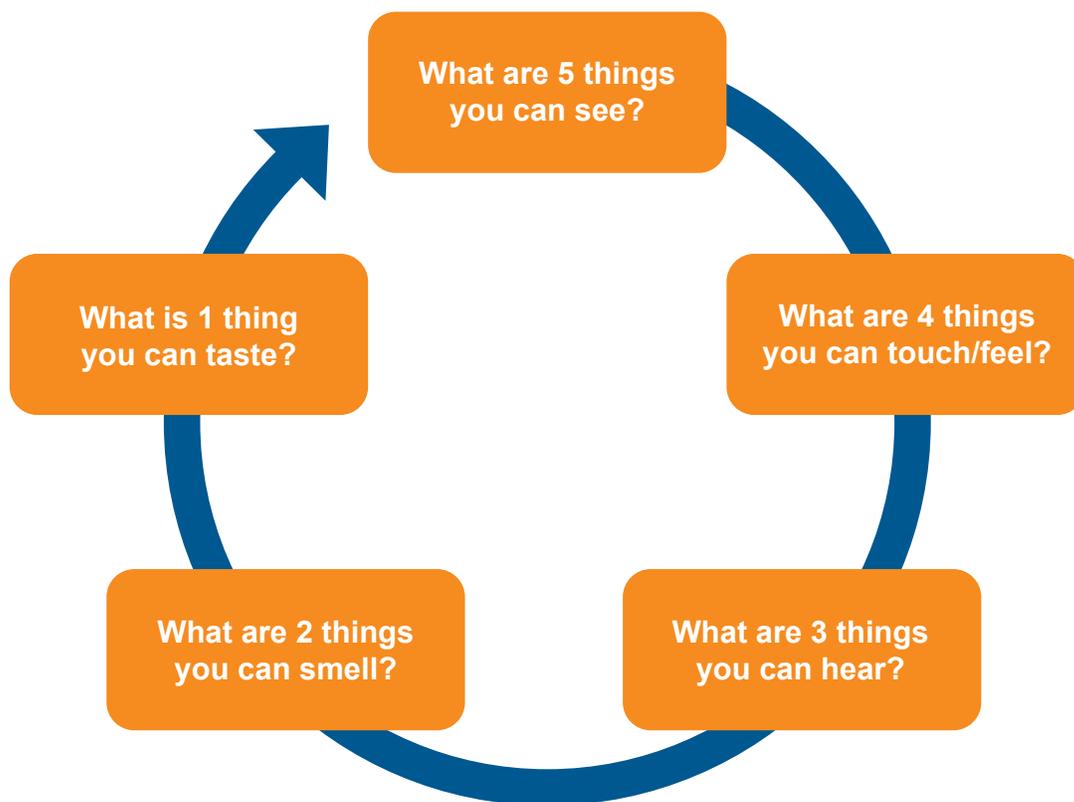
Newsletter written by Beth Hall, EAP Counselor at KeySolutions Employee Assistance Program – 2020

Call us at 605.334.5850 or 888.450.7844

Get Grounded with 5, 4, 3, 2, 1 Skills

Grounding is a technique that can be used in order to turn our attention away from the thoughts, feelings or emotions that are unwanted or troubling. Grounding helps an individual turn their energy to the present moment. When we may experience unwanted memories, triggers, anxiety, distressing emotions, dissociation and more, getting grounded can help us cope in a positive way.

The *5, 4, 3, 2, 1 Technique* uses our senses to help notice small details that our minds can tune out. Think of 5 things you can see such as the chair, the light from the window or the painting on the wall. Feel 4 things that are nearby such as your clothing or fabric, the texture of the couch or pick up an object and move it around in your hand. Listen for 3 things such as the ticking clock, traffic outside or the rain on the windows. Try to notice 2 smells in the air around you, like an air freshener, a scented candle or brewing coffee. Notice 1 thing you can taste. It might be candy, gum or mints. These things can help calm the mind and nurture the emotions. This type of practice can be used daily and especially during difficult emotional times. Below is an infographic for reference.



How KeySolutions Works for You...

COUNSELING SERVICES: KeySolutions is here to **help you** and your family with any of **life's challenges**. During your appointment, you will meet with one of our experienced professionals and together decide on a **plan of action**.

FREE AND CONFIDENTIAL: Employee Assistance Program (EAP) services are offered at **no charge** to **all employees** or their immediate family members. All services will remain **confidential**. You **do not** need to be enrolled in your employer's insurance to utilize this benefit.

ANYWHERE YOU LIVE: The Employee Assistance Program is available to you wherever you live. We have a network of counselors ready to serve you. Please call KeySolutions first and we will inform you of those counselors.

CONTACT US: You can visit us at www.keysolutionseap.com, or email us at info@keysolutionseap.com. Call us at 605.334.5850 or toll-free at 888.450.7844.