

GMHA



Presents

**“Men’s Mental Health Special”
- Episode series**

**Every Thursday at 10.30am EDT
With Michelle Dickinson and Mansi Dholakia**

Michelle is a TED speaker and a mental health
advocate from USA.

Mansi is a motivational speaker and a psychology
counsellor from UK.

Men's Mental Health Series :

We will be hosting a special Men's Mental health series. Our mission at GMHA is to create global programs that will enable individuals to connect with the higher self and empower them with skill-sets using proven meta-cognitive based cognitive behavioral therapies. Our vision is clear. We will elevate productivity, efficiency, happiness, and inner peace and to prevent mental illness and substance use and address existing mental and substance use disorders across all communities and age groups through global mental empowerment programs.

About the series

During this series, we will be talking to men who suffer from mental health challenges and those who care for and treat them to better understand how we can provide stronger support. We will be talking to men themselves, and to men and women who love and support those struggling, and capture the important perspective of mental health professionals to glean insights and answers to better help those suffering. We will emphasize the value of conversation and other recommendations that can ultimately prevent suicide. These sessions will be pre-recorded and released at a later date globally via various social media platforms.

Objectives :

- Discuss the importance of men developing healthy mental well-being coping strategies.
- The role of communication as a necessary tool in the prevention of depression.
- How positive psychology helps mental health
- Common male perspectives towards finding solutions to these challenges.
- Ways to help the men in our lives cope with mental illness
- Recognizing the signs and symptoms of depression in men

Program schedule

Episode 1

Men's special

Date : 18/06/2020

Status : Completed

- What is your relationship to mental health?
- What has your journey been like?
- What are your coping mechanisms during tough times?
- What advice do you have for the men struggling in silence

Episode 2

Women's special

Date : 25/06/2020

Time : 10.30am - 11.30am EDT

- How can women recognise the signs and symptoms in men ?
- How can we best support our men if they think they are struggling?
- How can we foster conversation when it is not there?

Episode 3

Support Service Special : Life coaches and therapists

Date : 02/07/2020

Time : 10.30am - 11.30am EDT

- What kind of challenges have you been hearing about ?
- What are the support methods you can recommend for our audience that are proven to be successful ?
- What can men do for their well-being and how can their loved ones support them in better way ?

Episode 4

University special

Date : 09/07/2020

Time : 10.30am - 11.30am EDT

- What kinds of pressures burden you the most ?
- What are the coping mechanisms that you use to deal with the exam stress?
- How can your university support you better in terms of improving mental well-being ?

Episode 5

Corporate wellness special

Date : 16/07/2020

Time : 10.30am - 11.30am EDT

- What do you think is going well in your industry around mental wellness?
- What are the challenges in your workplace that you feel need to be addressed?
- How can your workplace better support your mental well-being ?

Episode 6 - Episode 10

Celebrity special

Date : TBD

Time : 30 minutes

- How important do you think is mental well-being and what do you in your routine to improve your own wellness?
- How do you deal with the ongoing pressure surrounding success and failures?
- Message to youth - addressing suicide prevention.

Contact :

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