

What We Do

The Man to Man Project is a new initiative through Klinik Community Health Centre with grant funding from the Winnipeg Foundation. This project works to promote the often-ignored issues of depression, stress and mental wellness in men, as well as the effects these issues can have in our workplaces, families and communities.

The project provides free presentations to workplaces and community organizations. Presentations are interactive and designed to facilitate dialogue and a greater understanding of depression and mental wellness for men, and can be tailored to specific audiences. The Man to Man Project can also provide helpful referrals to community services that work with men to help manage depression, or recognize and support others living with depression.

Presentations will help enable those who attend to identify and understand:

- *Signs of reduced mental wellness in themselves and others*
- *Signs, causes and effects of depression*
- *Social and economic costs of depression*
- *Barriers and coping strategies specific to men*
- *Resources and steps for increasing mental wellness*

Why Is This Important?

While men are diagnosed with depression only half as often as women, men die by suicide 3 to 4 times as often, even here in Winnipeg. Men often demonstrate greater difficulty in seeking help, and have a greater tendency to hide emotions and ignore their own mental wellness.

Sometimes this can result in subtle but unhealthy coping behaviours such as:

- *social isolation*
- *aggression towards others*
- *excessive use of drugs, alcohol, food, exercise, sex, pornography, the internet, work or spending money as distractions*

More extreme unhealthy coping can include:

- *violence*
- *suicide*

More commonly, mental wellness is something that often takes a backseat to our day-to-day priorities like work, paying bills, social commitments and maintaining a household. While it is often obvious when we are physically unhealthy, many people - especially men - do not always notice signs that their mental wellness is under strain.

Awareness and reminders to make mental wellness a priority and simple ways to do this can have outstanding effects. Benefits can include improved quality of life, relationships and physical health, as well as direct and indirect financial benefits in the workplace.

How Does This Affect the Workplace?

- *1 in 5 Canadians will experience a significant mental health problem in their lifetime.*
- *In Canada, mental health concerns are the largest and fastest growing category of disability costs in the workplace, and currently account for about 35% of employers' disability insurance claims.*
- *These numbers are further compounded by impacts such as absenteeism, staff turnover, and reduced productivity.*
- *The World Health Organization predicts that by 2020 depression will rank second only to heart disease as the leading cause of disability worldwide.*
- *Men, and especially young men, are the least likely to recognize mental health difficulties and are less likely to get help even if they do recognize a problem. As a result, suicide is a leading cause of death for men aged 18 to 45.*
- *The workplace is sometimes the only network where men feel supported, and where they can connect with others.*
- *Depression as a disability is very treatable; it is estimated that 80 to 90% of people living with depression can learn to successfully manage it, if they are able to connect with proper support.*

Man to Man Project

Klinik Community Health Centre
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**For more information or to book a presentation
please contact:**

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Or visit us online at:

www.klinik.mb.ca/mantoman

KLINIC SERVICES

Klinik adheres to all privacy and personal health information legislation. All medical and counselling services, whether received in person or by phone, are documented. It is the right of any client of Klinik to access their personal health information.

- Information 784-4090
- Health Services Appointments 784-4090
- Teen Clinic (teenklinik@klinik.mb.ca) 784-4090
- Public Education & Training 784-4066
- Teen Talk 784-4010
- Volunteer Information 784-4006
- Drop-In Counselling (dropin@klinik.mb.ca) ... 784-4067
- Family Violence Counselling (Evolve) 784-4070
- Dream Catchers 784-4042
- Post Trauma Counselling Appointments 784-4059
- Sexual Assault Crisis Counselling Appointments
sacpwpg@klinik.mb.ca 784-4049

24-Hour Telephone Services:

- Manitoba Suicide Line Toll Free1-877-435-7170
- Crisis Line 786-8686
Toll Free ...1-888-322-3019
- Sexual Assault Crisis Line 786-8631
Toll Free ...1-888-292-7565
- TTY Deaf Access Counselling 784-4097

**If you have comments or concerns
Please call and leave a message at 784-4018**

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