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In November's Issue of *Esquire Magazine*, Leading Health Expert Identifies Men's Common Mental Health Problems and Solutions

October, 2011 – It's a directive heard by every man and boy, in one way or another: "Big boys don't cry!" But according to Will Courtenay, PhD, an internationally renowned expert in men's health and the author of the new book *Dying to Be Men* (Routledge, 2011), "The truth is, real men *do* cry." Even Dirk Nowitzki, Most Valuable Player of the 2011 NBA Finals, needed to "get a moment" in the locker room to cry after winning a game during the finals.

The fact is, it's the healthiest and strongest men who are able to cry. "It comes as a surprise to most people, but men who are able to express emotions do better in every way that we can measure happiness, health and well-being," says Courtenay. Men's emotional health is the focus of a feature article in the November issue of *Esquire Magazine*.

Courtenay is the primary source for the *Esquire* article, which focuses on anger, anxiety and depression – including both their downsides and surprising upsides. The article includes some quasi-scientific quizzes to help readers assess their own mental health. It also details treating – and preventing – mental health problems. This includes everything from everyday habits to natural supplements and medications.

Today, men are going to mental health professionals in unprecedented numbers to get the help they need. And that's a good thing, according to Courtenay. "Untreated depression, for example, often results in suicide." In fact, each day in the United States over 70 men take their own lives. "Too often," says Courtenay, "men's depression goes untreated."

A number of factors compound this problem. "There's a very powerful cultural myth in our society that men simply don't get depressed," says Courtenay. "What that tells men, is that they *shouldn't* get depressed – or at least, not express it. And so they don't. They're more likely than women to try to hide their depression or talk themselves out of it – which only worsens it." This cultural myth is so pervasive that even trained, mental health clinicians are less likely to correctly diagnose depression in men than in women.

"Another part of the problem," according to Courtenay, "is that depression in men doesn't always look like depression. It can look like irritability and anger, working constantly, and drinking or gambling too much." These are some of the ways men can experience and cope with depression differently than women.

According to Courtenay, there's a lot men can do to promote their well-being and prevent mental health problems:

- Sleep at least six hours a day
- Do aerobic exercise regularly
- Get together with friends
- Eat well
- Limit consumption of alcohol
- Have sex

Dr. Will Courtenay, "The Men's Doc," is an internationally recognized expert in helping boys, men and fathers. He is a psychotherapist, a distinguished author and researcher, keynote speaker, and radio host. His new book is titled *Dying To Be Men* (Routledge, 2011). The American Psychological Association calls him, "a leading psychologist in the field of masculinity." Dr. Courtenay has once again been selected for inclusion in *Who's Who in America* (2012) as a "foremost achiever in his field."

Dr. Courtenay received his Ph.D. from the University of California at Berkeley and has served on the clinical faculty in the Department of Psychiatry at Harvard Medical School and the University of California, San Francisco, Medical School. He is the Founding Editor of the *International Journal of Men's Health*.

Dr. Courtenay is a powerful, effective voice about men's health and the changing roles of fathers, boys, and men, heard nationally on radio and television – including CNN, Good Morning America, World News, ABC, NBC – and seen in print – including *NY Times*, *LA Times*, *Wall Street Journal*, *U.S. News & World Report*, *NPR*, *Newsweek*, *USA Today*, and *Chicago Tribune*.

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