

# Working Myself Into The Ground: What's Plan B?

A workshop with Amanda Craig, PhD, LMFT

14.8 million adults or 6.7 percent of the American population are affected by a Major Depressive Disorder. The Darien YMCA is offering a workshop to help men and families understand this highly taboo and stigmatized topic.

## This workshop will...

- Provide an overview of signs and symptoms of depression
- Outline the differences between depression in men and women
- Explore what happens in the brain and body during depression
- Teach real life coping skills



**WHEN: Wednesday, September 26<sup>th</sup>**

**7:30 p.m. to 8:30 p.m.**

**Members: \$15**

**Non-Members: \$20**

**Raffle for a 5-pack of Group Fitness Classes and 20% off a 1-hour massage will be held at the workshop**

Amanda Craig, PhD, LMFT, is a licensed marriage and family therapist in NY and CT, an AAMFT board-approved clinical supervisor, and the founder and clinical director of Manhattan Marriage and Family Therapy.

Dr. Craig works with individuals, couples and families to help them overcome issues of depression, anxiety and addiction, as well as achieve personal, relational, and work-life harmony.

## Did you know ...

- In the late 1990s, it was men in their 20s who were most at risk from suicide. Today it is men in their 40s.
- September is National Suicide Prevention Awareness Month
- Mental Health Conditions such as depression are the leading cause of suicide.
- Men are 4 times more likely to commit suicide than women.
- Middle aged white men have the highest rate of suicide.

**Register at the front desk or online at [darien-ymca.org](http://darien-ymca.org)**