



## Session 4

# Urban Legends 4: Stinking Thinking – Real Men and Mental Health, Depression and Anxiety; Bullying; Online Protection, Selfies and Sexting.

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It is well established that males do not seek help for mental illness as willingly as females. While females are more likely to be depressed, be anxious, and self-harm, it is males who are more likely to suicide successfully.

This is a hard hitting workshop that will address mental health, helping boys tackle negative cognitive style (stinking thinking) in a positive way that can inoculate them against depression and anxiety, and increase wellbeing and happiness.

### **Workshop participants will learn:**

- What mental health issues are suffered with the most and how to know if you are in the grips of depression or anxiety.

- Why do people self harm and ways to help prevent this
- Eating disorders, anorexia and bulimia – the hard facts about these diseases – and its not just the girls
- Simple strategies to banish stinking thinking and boost wellbeing

### **What can I expect if I participate?**

- A positive learning experience about mental health and how to best equip yourself against it.
- Ways to seek assistance if you are in need
- Easy-to-implement strategies for building greater resilience, positivity, and wellbeing.