

Men and Mental Illness

Around the world, on average we lose a man to suicide every minute of every day. Three out of every 4 suicides are men.

One in 10 Canadian men will experience major depression in the course of their lives.

Quick facts:

- Today, approximately 5 per cent of male youth age 12 to 19 have experienced a major depressive episode (CMHA).
- One in 10 men will struggle with depression in his lifetime (Movember Canada).
- Rates of substance use disorder are very high in males, 6.4 per cent compared to 2.5 per cent of females (StatCan).
- Men die by suicide at a rate four times higher than that of women (CMHA).
- Men are more likely to develop schizophrenia at a younger age (Mental Health Commission of Canada).

<http://www.mentalhealthamerica.net/infographic-mental-health-men>

Agenda

8:00 a.m.....	Registration Opens
9:00 a.m.....	Event Begins
9:30-10:30 a.m.....	Kevin Breel
10:30-10:45 a.m.....	Break
10:45-11:40 a.m.....	Clinical Presenter
11:40-11:55 a.m.....	Q & A
12:00- 1:00 p.m.....	Lunch (not provided)
1:00 p.m.....	Event Continues
1:30-2:30 p.m.....	Big Daddy Tazz
2:30-2:45 p.m.....	Break
2:45-3:40 p.m.....	Clinical Presenter
3:40-3:55 p.m.....	Q & A
4:00 p.m.....	Event Concludes

Event Pricing (Early Bird*)

Individual.....	\$80.00
Group (8 or more).....	\$60.00 per person

**Early Bird price qualifies if payment received in full prior to May 12, 2018*

Event Pricing (after May 12, 2018)

Individual.....	\$100.00
Student Rate**	\$40.00
Group (8 or more).....	\$80.00 per person

***Student rate applies only to those currently enrolled in post-secondary education.*

Payment Method

Online ticket order: www.edenhealthcare.ca

If you require assistance please contact Agatha Fehr at 204-325-5355 or agatha@edenhealthcare.ca

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presents

Men's Mental Health CENTRE STAGE

with Kevin Breel
& Big Daddy Tazz



June 12, 2018

Victoria Inn Resort
& Conference Centre

1808 Wellington Avenue, Winnipeg

**For Information and Tickets
visit edenhealthcare.ca**

Finding the lighter side of darkness



Kevin Breel Mental Health Activist & TED Sensation

Kevin Breel's TEDx Talk, "Confessions of a Depressed Comic", has garnered more than four million views, making it one of the most watched TED talks ever on mental health and depression. In the four years since he delivered it, Kevin has been called one of the "Most

Influential Millennials in the World" by Parade magazine, and he has become a national ambassador for Bell "Let's Talk". His honest and humorous take on his first-hand experience with depression, and his message of ending the stigma around mental illness once and for all, resonates with all of his audiences.

As an activist for mental health, Kevin has been a guest speaker for schools such as Harvard, Yale, and MIT, as well as for Fortune 500 Companies, and even for the Government of Canada.

A writer, his debut memoir, *Boy Meets Depression*, achieved critical acclaim, with Forbes calling it "a small book well worth reading" and NPR dubbing it "honest and compelling." As a comedian, Kevin has headlined at theatres and colleges throughout North America.

Kevin is a recipient of multiple awards for his social activism, and he has been featured in countless media outlets including by NBC, CBS, The Huffington Post, MTV, CNN, The Today Show, Mashable and The Wall Street Journal.

In Canada, 80 percent of suicides are carried out by men, with the age group of 40 to 60 having the highest rates. Coinciding rates of substance use disorder are also very high in this demographic, outnumbering women by a rate of 3 to 1.

Some research suggests that depression is elevated in this group but is under-reported due to diagnostic bias, where depression is perceived as a "woman's illness." Mental illness symptoms of men tend to be different as they may hide their emotions or become angry or aggressive.

This conference brings two men centre stage willing to share their personal experiences with their comedic take on the tragedy that can be mental illness.

In addition, an esteemed clinical presenter will offer the audience research and helpful insights into men's mental health.

Big Daddy Tazz

After 30 years of denying he had the mental illnesses that were controlling his life, Tazz realized that being manic-depressive, attention deficit, and having mild dyslexia could either destroy or enhance his life... it was his choice.

Today, audiences are happy to join him on his rapid cycle ride down the never-ending road to recovery that has led him from comedy venues across North America to the Psych ward at the Calgary Foothills Hospital (held over).

Often described as "one of the most talented comics in the business," Tazz has been delighting crowds at fundraisers, corporate events, festivals and on television for more than twenty years. Known as the "Bi-Polar Buddha", Tazz is equal parts comedian, and motivational speaker who likes to enlighten, educate and inspire. As a result, his one-man shows have drawn rave reviews and standing-ovations from coast-to-coast.

Tazz tours the country speaking on Good Mental Health, Bullying and Customer Service. For the last 14 years Big Daddy Tazz has brought forth light and laughter for those living with mental illness, by raising awareness that stigma effects all of us. With his newest endeavour "Stand Up Against Stigma" Tazz believes that it is time to educate, embrace, and empower everyone so that we can all stand tall and give stigma a bad name!

