



Overcoming the Stigma
of Mental Illness

2019 Education Sessions by the Alex Panton Foundation in collaboration with the Ministry of Community Affairs



Young Men at Risk

Suicide rates are higher in men than women. Research indicates that youth suicide and specific social and cultural variables are linked, such as quality of life, social attachment, measures of individualism, and help seeking behaviours.

This workshop will explore:

- How emotional distress is communicated in young men;
- Challenging and risk taking behaviours displayed by young men;
- Warning signs to watch for;
- Help-seeking.

Schedule of workshops

District	Date	Time	Topic	Location	Duration	Facilitator
Bodden Town	5th June	6.30pm	Young Men at Risk	Bodden Town Civic Centre	1.5hr	Dr. Catherine Day
West Bay	19th June	6.30pm	Young Men at Risk	John Gray Memorial Church	1.5hr	Dr. Erica Lam
East End	3rd July	6.30pm	Young Men at Risk	East End Civic Centre	1.5hr	Dr. Colleen Brown
George Town	7th August	6.30pm	Young Men at Risk	South Sound Civic Centre	1.5hr	Dr. Erica Lam
North Side	28th August	6.30pm	Young Men at Risk	North Side Civic Centre	1.5hr	Dr. Colleen Brown

Contact edu@alexpantonfoundation.ky with any questions.