

Other Comments
<p>I am very concerned with negative stigma's as it relates to mental health. I have received treatment myself and it has made a major difference. I am in a much better place now.</p>
<p>I believe more people have mental health issues than would ever admit it which contributes to a lower quality of life for everyone.</p>
<p>I don't like the idea of focusing on the depression. Rather, I like the idea of focusing on the desired outcome of happiness. Could we create a happiness optimization clinic or a neutral name such as the brain clinic.</p>
<p>To change the approach, I would start out by taking a comprehensive assessment to first diagnosing all of the contributing factors that affect an individuals mood... create a complete and out of the box map to an individuals state of mind, economic, physical, chemistry, etc. - basic needs assessment, micro biome analysis compared to diet, allergies, inflammation analysis (inflammation causing foods), etc...</p>
<p>I have wondered at times if I suffer from depression off and on. I probably lose myself in my work and projects to avoid facing the real problems. Any yet because I have been successful at a number of things I think I justify that I do not need any help. I am in the process of retiring and am beginning to realize that I will need to face this now.</p>
<p>I understand that some mental illness is due to heredity and brain chemistry that some inherit and am grateful that I have not had to deal with the added weight of those issues in my life so far. Like everyone I have had setbacks in my life and am not unfamiliar with some of the feelings of desperation that comes from them. For me it has been my faith in Christ and a willing admission - in good time and bad times - that I am powerless without His strength and goodness. In good time it keeps me grounded; in bad times it helps me see the present difficulties through a long term (eternal) lens that encourages me to stay true and have faith in His promise of better days to come after these days of endurance are ended according to His will for me, not mine.</p>
<p>Men are stubborn creatures and, by and large, we're not the brightest gender of our species. I believe 2 big things need to change: 1) more education about mental illness/health that is geared towards men; and 2) woman can be helpful by gently helping us understand what they already know - that seeking treatment for mental illness does not equate weakness. I think we're terrified because of a misperception that our partners or the women in our lives will judge us and I also think that this can be mitigated somewhat with reassurance from them that there won't be any judgement from them. In addition to being less than bright, men are also very, very simple creatures and this kind of reassurance or gentle coaxing can often be all that's needed to get us over the hump. I'm not saying that it's women's responsibility to see that we get treatment...hardly! We men need to be responsible for our behavior. However, owing to our previously referenced simplicity, and assuming that our female partners want to see us better, I believe that there are helpful ways that they can help us to clarify and understand the situation without inflicting harm on our oh so fragile egos.</p>
<p>None</p>

Seeking professional help for mental health issues has a few hurdles.

1. Old fashioned beliefs about masculinity and "toughing it out" - I believe this is not as common anymore as many people say it is, but it is certainly a factor.

2. Treatment and counseling are not standardized (nor should they be), but the result is that a vulnerable individual gets a negative impression of medical health treatment because of a bad experience with a professional (even though it's probably more of a "bad fit").

Thank you for doing all that you do!

Thanks for the research you are doing, Owen. I'm looking forward to seeing the results.

Take care, my friend. So glad to know you are still happily and productively in recovery and working in your field of calling.

When i was growing up as a child my Dad's ideas about mental health were very negative. I don't know if that was something that was born in his generation. If you had to go see a shrink then there was definitely something wrong with you. Mental health was something in your mind and it couldn't be seen. So that too has been a hindrance in me going to see the health professionals that I should due to that deep seated fear. I have seen several professionals concerning ADD/ADHD within the past 35 years. Some didn't understand the symptoms even in college. So I have been skeptical of observation skills of psychologists/psychiatrists from time to time.

Where is God and why won't he help or answer my prayers?