



CLIFTON HEALTH DEPARTMENT

900 Clifton Avenue
Clifton, NJ 07013

CLIFTON HEALTH DEPARTMENT AND HACKENSACK MERIDIAN MOUNTAINSIDE MEDICAL CENTER TO OFFER FREE MEN'S MENTAL HEALTH SCREENING

For Immediate Release

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The Clifton Health Department and Hackensack Meridian Mountainside Medical Center will be holding a **FREE Mental Health Screening for men on Monday, August 19, 2024, from 10am-12pm at the Clifton Health Department, 900 Clifton Ave., 2nd Floor. Registration is required; please call 973-470-5760 to register.**

This screening will be provided by Stephen Schram, LCSW and Ed Petrarca, LCSW from Mountainside Medical Center. **The screening does not entail a full psychological exam. Referrals and resources will be provided as needed. Please note that while this mental health screening is geared towards men, it is open to ALL in the community, including those who identify as non-binary. This screening is open to Clifton and Little Falls residents ages 18 and up.**

Nearly 1 in 10 men experience some form of depression or anxiety, but less than half seek treatment. There are many factors that could contribute to a man's mental health status including fatherhood, race, and socioeconomic status. While mental illnesses are more prevalent in women than in men, men suffering from mental illnesses are less likely to receive mental health treatment or diagnosis often because of the pressure they face to "man up" or "tough it out." The stigma of men speaking out is that it is seen as a form of weakness or not "manly."

Symptoms of mental health disorders in men may include any of the following:

- Feeling sad, hopeless, or empty
- Feeling extremely tired
- Having difficulty sleeping or sleeping too much
- Not getting pleasure from activities usually enjoyed
- Suicidal thoughts (Men are more likely than women to complete suicide as they tend to act more impulsively on suicidal thoughts and may show fewer warning signs, such as talking about suicide)
- Escapist behavior, such as spending a lot of time at work or on sports
- Physical symptoms, such as headaches, digestive problems, and pain
- Misuse of alcohol and/or drugs
- Controlling, violent or abusive behavior
- Anger, irritability, or aggressiveness (inappropriate anger)
- Risky behavior, such as reckless driving
- Noticeable changes in mood, energy level, or appetite
- Difficulty concentrating, feeling restless, or on edge

Men who may be experiencing one or more of these signs or symptoms are strongly encouraged to register for this free screening. As a society, we must get to a point where we realize and accept that there is nothing unusual or shameful about a man struggling with mental health, or seeking help for it.

For more information on this free screening, or to register, please call 973-470-5760

The Clifton Health Department is a contractual Health Agency serving the Township of Little Falls.

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