



# Mental Health Matters

Welcome to Mental Health Matters, your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. We invite you, your colleagues and your family to [sign up today!](#)

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## June Is National Men's Health Month



National Men's Health Month is all about encouraging the men in your life (including you

men out there!) to take care of themselves by eating right, exercising, working to prevent disease AND strengthening their mental health! Known as resilience, this type of strength helps us to bounce back from adversity, deal with everyday stress and live life to the fullest. Visit Pine Rest's collection of health tips for men to learn more.

## More Tips For Men's Mental Health

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### What Men Need To Be Healthy Dads



What do men really need to be not just great but *healthy* dads? Turns out, respect, encouragement, and permission to parent differently than moms are just a few, explains psychologist and proud dad Dr. Ron DeVries.

[Read more about What Dads Need](#)

P.S. Dad would still like that new grill, golf clubs, power washer, camp chair, etc. for Father's Day, too!

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### Summertime Self-Care Strategies

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## Summer Self-Care Strategies Tips from Jean Holthaus, LISW

[Watch Video For Summer Self-Care Strategies](#)

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## Caring For Yourself When There's Traumatic News



### Caring for Yourself During Times of Distress

The news and social media are full of upsetting information these days. But did you know that regular exposure to upsetting information can trigger symptoms that mimic post-traumatic stress disorder and anxiety in people who are more sensitive to these stories? For those who feel distressing news is affecting them or a loved one, Dr. Kim Kunze reviews the symptoms to watch for and offers six self-care tips.

[Learn Self-Care Tips For Traumatic Times](#)

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## Upcoming Support Groups & Community Classes



### Raising LGBTQ+ Kids Support Group

Cost: \$30 per session

Our informative group welcomes parents, relatives or guardians (age 18+) of LGBTQ kids. We offer an inclusive space for participants to learn how to help their kids feel socially, emotionally, and physically safe and supported. [Learn More.](#)

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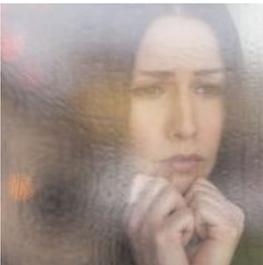


### Family & Friends of Aging Adults Support Group

Cost: No Charge

Our monthly support group for Families & Friends of Aging Adults is designed specifically for those who are caregivers to older adults, and provides an opportunity to gather information, gain answers and grow. [Learn More.](#)

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### SELAH Domestic Abuse Awareness Group

Cost: No Charge

Support that Empowers Lives And Homes. This 10-week women's educational group will teach and equip group members to find clarity and direction in their life and relationships. [Learn More.](#)

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[Complete List of Available Support Groups & Classes](#)