

Resources and links from Kevin Hines Presents the Art of Wellness:

Men and the Male Perspective

Thursday, May 27th, 2021

The Art of Wellness:

- 1) Therapy 2) Exercise 3) Nutrition 4) Education 5) Coping Strategies (mechanisms)
- 6) Avoid alcohol and drugs 7) Advocacy 8) Meditation
- 9) Medication 10) The Plan (*for when others need to step in and help*)

Kevin's Website <https://www.kevinhinesstory.com/>

Kevin's YouTube Channel <https://www.youtube.com/channel/UCYZeM7MIkXtU--r9BIDTQA>

Kevin's Facebook Page <https://www.facebook.com/KevinHinesStory.us/>

Kevin's Twitter Feed <https://twitter.com/kevinhinesstory?lang=en>

Kevin's LinkedIn Profile

<https://www.linkedin.com/public-profile/in/kevinhinesstory?challengeId=AQHDuEUfVfK8mgAAAXi26QQ4wLBrVs5syYBHhN1O1Ffa10ZzJQRNgFn-2IWg7MShhzivXjcf784FyFMcbUkShFDtSpTyf6b2NQ&submissionId=c30baa7c-fd34-7416-8e2b-3c777e5dec7c>

Maryland Crisis Line – 24/7 support- Dial 211 then press 1 for information, referrals, and crisis intervention

<https://211md.org>

National Crisis Text Line-Text "TALK" to 741741"

<https://www.crisistextline.org>

National Suicide Prevention Lifeline-24/7 support at 1-800-273-TALK

<https://suicidepreventionlifeline.org>

Kevin practices Resonance Breathing- 4 seconds breathing in, hold breathe for 4 seconds, exhale for 8 seconds. He does this 30 times each in the morning, afternoon, and evening

Kevin's Book Recommendations:

Loving Someone with Bipolar Disorder (by Julie A. Fast)

Bipolar Disorder for Dummies (by Candida Fink and Joe Kraynak (Kevin is featured in the 3rd edition)

Movie: *The Bridge*, directed by Eric Steel (2005)

For more information about **The Bridge Rail Foundation**, visit <http://www.bridgerail.net/>

For more information on **Transcendental Meditation**, visit <https://www.tm.org>

Kevin uses the Calm and Headspace Apps.

<https://www.calm.com>

<https://www.headspace.com>

NotOK App-<https://www.notokapp.com/>

Online counseling sites Kevin recommends: Betterhelp and Talkspace

<https://www.betterhelp.com>

<https://www.talkspace.com>

Dr. Drew Ramsey (Columbia University)

<https://drewramseymd.com/blog/>

<https://www.facebook.com/DrewRamseyMD>

The Confess Project

"The Confess Project has the first and largest organization committed to building a culture of mental health for young men of color, boys and their families. How? We focus on empowering frontline heroes and sheroes in Communities across America. More specifically, we train barbers to be mental health advocates."

<https://www.theconfessproject.com/>

TEDXFolkestone

We Need to Talk About Male Suicide, a TED Talk presented by Steph Slack

https://www.ted.com/talks/steph_slack_we_need_to_talk_about_male_suicide?language=en

Movember Project

“Movember fundraisers are a global community of fired up Mo Bros and Mo Sisters – aka rock stars making a difference in mental health and suicide prevention, prostate cancer and testicular cancer.”

<https://us.movember.com/>

Movember Conversations

“Learn how better conversations can help you support the men in your life. Whether it is a friend in need, a colleague who is not coping or a family member who is not himself. Learn what to say and how to help.”

https://conversations.movember.com/?utm_medium=movember&utm_source=dynamic&utm_campaign=movember-conversations-link&_ga=2.13702069.323592504.1623265826-307948229.1623265826

Panelist: Pete Smith, Anne Arundel County Military and Veterans Liaison

<https://www.aacounty.org/boards-and-commissions/veterans-affairs-commission/index.html>

Sheppard Pratt- *Depression is a Men's Mental Health Issue, Too*

<https://www.sheppardpratt.org/news-views/story/depression-is-a-men-s-mental-health-issue-too/>

NAMI (National Alliance on Mental Illness)- *Navigating a Mental Health Crisis*

<https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>