

Introducing *MENTal Health: It's Time to Talk* by Allan Kehler, B.Ed., B.PhEd.

"Men are taught to be strong, powerful, brave, independent, and in control." - Allan Kehler

Most men will tell you they've spent their entire lives hiding their feelings, learning from the action - or rather, *inaction* - of their fathers, mentors, and friends that when it comes to mental health, vulnerability equals weakness. Statistics show that men are far less likely to ask for help than women - and too many men are suffering in silence because of this deeply-rooted societal stigma.

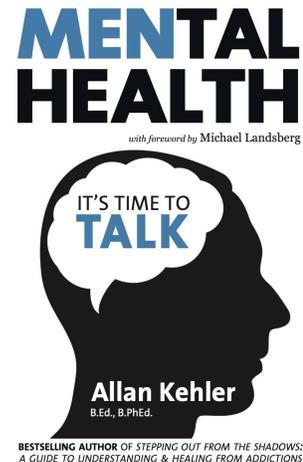
In *MENTal Health: It's Time to Talk*, author and advocate, Allan Kehler presents a unique journey for readers where the true stories of Canadian prairie men are told in their own raw and honest words. These men have all persevered through various mental health challenges - including Kehler himself, as well as Chris Beaudry, former assistant coach of the Humboldt Broncos - and together, they put a voice to issues including masculinity, mental illness, addiction, sexual abuse, shame, and suicide.

"Every child is a product of what they observe," Kehler says in the book. "Children and youth are always watching, and if men can't model showing emotion and getting help, then why should young people?"

Winding through each issue and story, readers can expect to find the following:

- A better understanding of why men tend to be closed off about their emotions
- Acknowledging the human need to be seen, heard, and understood
- The importance and power of breaking down stereotypes
- Why we need to change how we view mental health in the workplace
- How talking can help balance energy in the body and the mind
- Mental health resources including how to support a loved one with mental illness
- And much more

"If there's one thing that men like to do, it's to fix things," says Kehler. "It's too bad that mental health can't be fixed with duct tape. The problem is that men don't come equipped with the necessary tools to fix themselves. Meanwhile, they cling to the idea that their gender should make them strong enough to get through the darkest and deepest times of despair."



The men in this book have chosen to speak because they understand that the conversation doesn't start until someone starts talking. The time to talk is now. "Today," says Kehler, "we are the ones who will redefine what it means to be a man."

Advanced Praise for *MENTal Health: It's Time to Talk*

"MENTal Health: It's Time to Talk is an important book. I say this as both an advocate and a patient. Allan has found a way to deliver both comfort and knowledge. Having read it, I feel better understood and less alone. It takes a powerful message to do that."

- From the Book's Foreword by Michael Landsberg, Broadcaster and Mental Health Advocate

"Allan has created an incredible book of hope, and he reminds me that I am not alone. The words hit me on so many different levels. I laughed, I cried, I learned, but mostly I grew as a man. Not only is this book a must-read for all men, but it can help women to understand and support us better. Allan hit a home run with this one!"

- Clint Malarchuk, Former NHL Goaltender and Author of *The Crazy Game*

"The stories in this book are exactly what men need to hear. They are real, relatable, and these words of truth will help others who are suffering in silence."

- Kevin Rempel, 2014 Paralympic Bronze Medalist and Author of, *Still Standing*

MENTal Health: It's Time to Talk (ISBN 978-1-988783-47-5) will be available in book stores across Canada on January 29th, 2020. Watch [this video](#) to learn more about the book.

To learn more about Allan Kehler or to inquire about hiring him to speak at your workplace or event, please visit <https://www.outfromtheshadows.ca>. If you would like to request a review copy (e-pub or print) or wish to speak to Allan about the book, please contact:

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[About Allan Kehler](#)

Allan is one of Canada's most sought-after speakers when it comes to the topic of mental health. He has stood on more than 500 stages and is recognized for his dynamic and captivating approach. Having persevered through his own mental health issues and substance use, Allan has learned valuable life lessons that have guided him on an incredible path of success. He is the bestselling author of three other books: *Stepping Out from the Shadows: A Guide to Understanding and Healing from Addictions*; *Goodbye Stress, Hello Life!*; and *Born Resilient: True Stories of Life's Greatest Challenges*. Allan lives in Saskatoon, Saskatchewan with his wife, four boys, three dogs, and a tank of fish.