



IT'S OK TO NOT BE OK!

Depression – Breaking Down the Stigma

August 18, 2022

Noon – 1:00 pm

Virtual Session - Microsoft Teams

We are all too familiar with the stresses in life and the damage it can do to a person. The foundation for mental fitness is resilience, solution-oriented thinking, positive attitude and decision-making with a strong dose of purpose.

That doesn't mean that things won't go wrong, they often do in life, but just surviving is not enough, it is also about thriving.

In Eric's engaging session, attendees will learn how to understand the five components of stress control and navigate the pillars of mental fitness.

Eric will share his story of tragedy and how it led him to eventually teach others how to detect depression and embrace it by breaking down the stigma surrounding it.

Eric Hipple is a former NFL quarterback whose ten year career was spent with the Detroit Lions. He graduated from Utah State University and was drafted by the Lions in 1980. Since his 15 year old son's suicide, Hipple has devoted his life to building awareness and breaking down the stigma surrounding depression. His message of resilience has provided mental fitness awareness to professional groups, military, law enforcement, schools, and coaches across the country. His book, "Real Men Do Cry" received a publisher Presidential Award. After retiring from U of M's Comprehensive Depression Center, he continues his commitment to helping others find a quality of life through his work with several non-profit organizations.

Registration Options:

Register online at <https://bit.ly/OakFit-ItsOk>

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at huntd@oakgov.com • (248) 858-5473

