

**\*Contact number for guest on show day:**

Tara Gates Anderson 240-491-2929 (Brand Manager) Paul Bashea Williams 301-442-5653

**SEGMENT DESCRIPTION:**

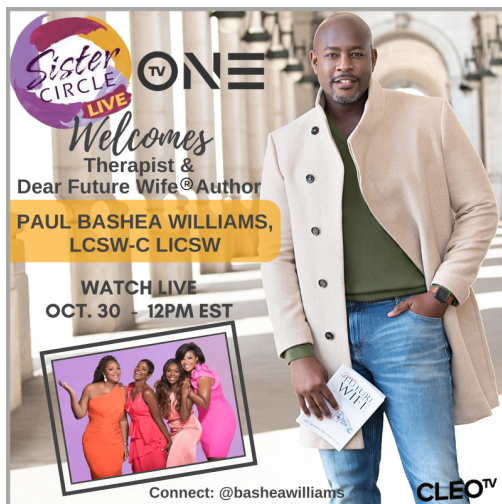
**Topic: MENS MENTAL HEALTH: NAVIGATING LIFE THROUGH THERAPY**

**Paul Bashea Williams, LCSW-C LICSW Therapist and Author of Dear Future Wife: A Man's Guide And A Women's Reference To Healthy Relationships**

Every 40 seconds someone loses their life to suicide. Globally, every minute, a man dies by suicide. In the United States, 75% of suicides are men. Therapy for men is important because men may bottle things up and they manifest and present themselves in unhealthy behaviors and responses. Men are often taught to suppress their feelings and emotions, making it difficult for them to fully open up. When men are free and able to talk through their feelings, problems etc it provides them with a safe space to connect, be vulnerable, talk and share what's bothering them without being judged or deemed as weak.

**Link to his recent segment on Sister Circle on TV ONE:**

<https://m.youtube.com/watch?v=GbhHlyRwEA&feature=youtu.be>



**TALKING POINTS: to help guide the interview here are 3-5 suggested questions**

- 1). Why is it hard for men to share and talk about their feelings?
- 2). How do you recognize anxiety and depression in Men?
- 3). What are some ways to encourage men to get into therapy?
- 4). At your practice Hearts In Mind Counseling what is a common theme or issue you find men are dealing with today?

5). What are some effective ways to support men suffering with mental illness anxiety and suicidal thoughts?

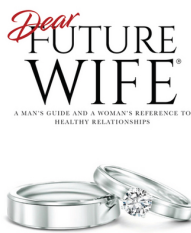
### SEGMENT SPEAKER

Paul Bashea (Bah-Shay) Williams, LCSW-C LICSW is described as an Intellectual Emotionalist. Someone who understands what a man thinks and what a woman feels.



Helping the two meet and have common ground by encouraging emotion and logic to agree. He is a dedicated father, Mental Health Therapist, Relationship Advisor and Writer. He runs his own mental health private practice, Hearts In Mind Counseling. With over 15 years of counseling and social work experience, he works with youth, men, adults, families, couples, and groups. He writes about life, love, and fatherhood. His writing, acting, and public speaking have been featured on several popular networks, and websites, TV ONE, BET, ABC Affiliate WJLA Let's Talk Live, Huffington Post, WHUR, RADIO ONE, News Talk 1450, Fatherly, national syndicated radio shows, television, movies, and conferences all over the nation. He is highly recommended and sought out as a person who is an

advocate for healthy individuals and relationships.



PAUL BASHEA WILLIAMS, LCSW-C

**Published Book:** Dear Future Wife A Man's Guide and a Woman's Reference to Healthy Relationships (Synopsis below)

Published by: ELOHAI International Publishing & Media

ISBN#: 9 781732 497191

Library of Congress Control Number: 2018963018

### Book Synopsis

DEAR FUTURE WIFE®, A MAN'S GUIDE AND A WOMAN'S REFERENCE TO HEALTHY RELATIONSHIPS PROVIDES COUPLES AND SINGLES A PEEK INTO THE MINDS OF THE OPPOSITE SEX. IN THIS EMOTIONALLY-CHARGED AND INSIGHTFUL COLLECTION, AUTHOR AND THERAPIST BASHEA WILLIAMS PITS READERS FACE-TO-FACE WITH OFTEN COMPLICATED SCENARIOS THAT CAN CREATE COMMUNICATION BREAKDOWNS OR BRIDGES AND HOW TO NAVIGATE THEM. WRITTEN FROM THE PERSPECTIVE OF A MAN, YET CONSIDERING THE FEMALE POINT-OF-VIEW, WILLIAMS CREATES A HEALTHY DIALOGUE THAT HELPS BOTH MEN AND WOMEN CREATE POSITIVE PERSONAL PRACTICES AND THOUGHT PATTERNS TO BUILD BETTER RELATIONSHIPS. WHETHER YOU'RE SINGLE, COURTING, ENGAGED,

OR MARRIED, DEAR FUTURE WIFE WILL PREPARE YOU FOR A HEALTHY AND EXHILARATING ROMANCE.

**Websites:**

[www.BasheaWilliams.com](http://www.BasheaWilliams.com)

[www.HeartsInMindCounseling.com](http://www.HeartsInMindCounseling.com)

**Social Media:**

IG: @basheawilliams <https://www.instagram.com/basheawilliams/>

FB: Paul Bashea Williams <https://www.facebook.com/WilliamsBashea>

Total following: over 20K+

**Some On-Air, podcasts and article features**

**Sister Circle-TV ONE**

[https://m.youtube.com/watch?v=GbhHlyRwE\\_A&feature=youtu.be](https://m.youtube.com/watch?v=GbhHlyRwE_A&feature=youtu.be)

**WJLA ABC Affiliate Lets Talk Live**

<https://wjla.com/news/lets-talk/dear-future-wifewith-author-paul-bashea-williams>

<https://wjla.com/news/lets-talk/tips-to-build-happy-and-healthy-relationships>

<https://wjla.com/features/good-morning-washington/competitive-parenting-and-its-impact-on-adolescent-mental-health>

<http://firefliesunite.buzzsprout.com/132572/910726-people-pleasing-its-impact-on-your-mental-health-dear-future-wife-featuring-paul-bashea-williams>

<https://relationshipschool.com/podcast/race-psychotherapy-and-manhood-with-paul-williams/>

<https://www.davidbrowervo.com/307-bashea-williams-an-intellectual-emotionalist-who-understands-what-a-man-thinks-and-how-a-woman-feels/>

<https://www.bustle.com/p/if-you-get-bored-easily-in-relationships-experts-say-these-7-reasons-may-be-why-18704361>

<https://www.bustle.com/p/why-you-cant-stop-thinking-about-someone-you-barely-dated-according-to-experts-18683980>

<https://therapyforblackmen.org/fear-of-failure/>