

Soundbite Script – Why male friendships matter

Paul Engelman, founder, No Book Book Club

"There wasn't anybody I thought of if I needed to call somebody for some help. If I'm in a pinch, who would I call around here? The list was short. So, the No Book Book Club (NBBC) was born." (:17)

Paul Engelman, founder, No Book Book Club

"I put out the call to put together the No Book Book Club, and the response was energetic. There are guys who are in our age group, are late in their work life, or retired, have children out of the house, or who have a gap when it comes to male friends." (:24)

Paul Engelman, founder, No Book Book Club

"I've found in talking about the No Book Book Club that everyone I've talked to has said, 'That's a great idea.' So, we're going to continue and keep going." (:16)

Victor Mendoza, behavioral health provider, OSF HealthCare

"I think one of the barriers that men have is that we have a hard time opening up, because that has been seen as a weakness. That affects them from communicating with other men about their feelings, and what they have going on. That just creates more isolation, which leads to depression or anxiety." (:19)

Victor Mendoza, behavioral health provider, OSF HealthCare

"Not every single interaction that you have has to be deep. It could also be spending time with other people and having a good time." (:11)

Victor Mendoza, behavioral health provider, OSF HealthCare

"Having a good support system can help with your self-esteem. It could help with your productivity at work, at home. You know, being a better father, a better husband or a better partner. You feel happier and just enjoy life better, in general." (:26)

Dr. Travis Swink, physician, OSF HealthCare

"You have to have some outlet outside of your family that you connect with, because connection is very important. Where I see the most depression and the most issues are with people who isolate. Finding some outside source of entertainment and activity is important." (:18)