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Experts available - University of Lethbridge researchers explore issues related to National Mental Health Week

The week of May 4-10, 2015 marks the 64th annual Canadian Mental Health Association Mental Health Week, with this year's focus on the mental health and well-being of men and boys.

The University of Lethbridge has a number of researchers whose work investigates issues related to mental health and mental illness. These include everything from research into improving the quality of marriage and family life to studying issues related to the dark secret of men's depression. The U of L has a great breadth of research expertise available for your readers and viewers.

Please feel free to contact any of the following researchers and educators directly to discuss any stories related to your coverage of Mental Health Week.

Dr. Peter Kellett, (Health Sciences)

Peter is exploring the impact that perceived masculinities have on the rates of depression in men. Kellett believes that many men who suffer depression are misdiagnosed and, even more concerning, may never seek care in the first place. Men, influenced by societal norms, do not want to appear vulnerable or show weakness and their depression often presents through violence, hostility, irritability, aggressiveness and compulsive behaviours related to addiction and risk taking.

Contact: Dr. Peter Kellett, 403-329-2643 or peter.kellett@uleth.ca

Dr. Dawn McBride (Faculty of Education)

Dawn is a registered psychologist who can discuss how to help children develop inner resources to manage frustrations and anger and how to apply positive discipline principles in the classroom and at home. In addition, she can speak to mental health issues in youth, such as eating disorders, depression and anxiety, as well as provide assistance in addressing issues related to crisis behaviour, such as suicide and school shootings, and online learning.

Contact: Dr. Dawn McBride, 403-317-2877, 403-894-8460 (cell) or dawn.mcbride@uleth.ca

Dr. Bonnie Lee (Health Sciences)

Bonnie is an associate professor in the Faculty of Health Sciences who is a registered marriage and family therapist. Her driving force is the desire to enhance the lives and health of individuals in their contexts of family, culture and society. "People suffering from mental distress such as depression and anxiety usually are short on coping strategies. The problem is not the problem but how we cope. Coping could be changing distorted or rigid thinking patterns, or learning to regulate emotions that one would rather avoid. Sometimes coping has to do with expanding the range of actions and choices that gets one out of a rut. Communication and building supportive relationships are key pieces of coping because a burden shared is a burden shed. We can all develop skills to take better care of our mental health."

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