



For Immediate Release — Monday, October 5, 2015

## **University of Lethbridge experts available to speak to Mental Illness Awareness Week issues**

The week of Oct. 4-10, 2015 marks Mental Illness Awareness Week in Canada (<http://www.camimh.ca/mental-illness-awareness-week/about-miaw/>), a national public education campaign designed to bring attention to the reality of mental illness. Established in 1992 by the Canadian Psychiatric Association, Mental Illness Awareness Week is now coordinated by the Canadian Alliance on Mental Illness and Mental Health. The University of Lethbridge has a number of counsellors, researchers and staff members whose work is devoted to issues related to mental health and mental illness. A brief synopsis of their work follows.

Please feel free to contact any of the following persons directly to discuss any stories related to your coverage on Mental Illness Awareness Week.

### **Dr. Elaine Greidanus (Faculty of Education)**

Elaine is a registered psychologist who provides assessment and counselling for emotional and behavioural difficulties. She works with children, youth and families using cognitive-behavioural therapy, play therapy and animal-assisted therapy approaches. Elaine works from a positive attachment perspective, focusing on solutions and healing relationships. She works closely with other disciplines when appropriate, coordinating services with school systems, child and family services and other health-care providers.

**Contact:** Dr. Elaine Greidanus, 403-329-2186 or [elaine.greidanus@uleth.ca](mailto:elaine.greidanus@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 behavior, 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](mailto:dawn.mcbride@uleth.ca)

### **Dr. Mark Slomp (Counselling Services)**

Mark is a registered psychologist who is the manager of our Counselling Services Office. He is currently chairing a new task force on mental health to support the involvement of the JED and Clinton Foundation Health Matters Campus Program. This is a program designed to help post-secondary institutions promote emotional well-being and mental health programming, reduce substance abuse and prevent suicide among students.

**Contact:** Dr. Mark Slomp, 403-394-3960 or [mark.slomp@uleth.ca](mailto:mark.slomp@uleth.ca)

**Allison Roest & Serena Visser (Counselling Services)**

Serena and Allison are counsellors in Counselling Services at the University of Lethbridge. They are currently offering groups in mindfulness for emerging adults. Mindfulness is about intentionally paying attention to the present moment with open-mindedness and curiosity. Mindfulness practice has been shown to help increase the overall health and wellness of individuals. Specifically, students who practice mindfulness often experience improved relationships, sleep, mood regulation, self-compassion and self-awareness. Allison and Serena can speak about mindfulness practices, resources related to mindfulness and benefits of the practice.

**Contact:** Allison Roest, 403-317-2819 or [a.roest@uleth.ca](mailto:a.roest@uleth.ca); Serena Visser, 403-317-2832 or [serena.visser@uleth.ca](mailto:serena.visser@uleth.ca)

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