

FOR IMMEDIATE RELEASE

Free National Mental Health Symposia Across Canada Open to Public

October 18, 2010

VANCOUVER—On Thursday October 28, 2010, Healthy Minds Canada (HMC) and our national research partners are hosting “**Open Minds Across Canada Mental Health Symposia 2010**” focusing on child and youth mental health. These symposia are open to the general public and admission is free thanks to the sponsorship of *CIBC Children’s Foundation*. Symposia are offered in: *Vancouver, Saskatoon, Winnipeg, Ottawa, Kingston, Hamilton, Toronto and Halifax.*

Vancouver symposium:

Thursday October 28, 2010 at the Chan Centre for Family Health Education
(at the Child and Family Research Institute at the BC Children’s Hospital site)
Registration: 5:30 p.m. Presentations: 6 p.m. to 9 p.m.

Topics include: The *New* National Institute of Families for Child & Youth Mental Health, investing in early childhood to improve mental health, obsessive-compulsive disorder in childhood, and computer and gaming station use in teens.

To pre-register or for further information visit: www.HealthyMindsCanada.ca.

Mental illness strikes one in five Canadians each year. This year seven million will be affected, which means mental illness touches everyone in some way including people you know, love, trust and depend upon. Mental illness and addiction **cost Canadians \$33 billion annually.** Research helps to find better services and treatments that will help to reduce these costs and improve the quality of life of those affected by mental illness and addiction.

Healthy Minds Canada (*formerly known as Canadian Psychiatric Research Foundation*), is a charitable foundation established in 1980 with a mission to improve the well being of Canadians by funding mental health and addiction research. To date, HMC has funded close to 400 research projects across Canada, with many valuable projects still in need of funding.

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