

**NEWS RELEASE**

***For Immediate Release—May 23, 2007***

**Local findings confirm Statistics Canada report**

CALGARY – A recent Statistics Canada report on relationship breakdown and subsequent increased rates of depression parallels data collected by Calgary Counselling Centre during National Depression Screening Day in October, 2006.

Basic demographic data collected in the tests has been compared to the scores for depression. Divorced/separated men scored higher than divorced/separated women – 48 vs. 28 percent in their levels of depression. In fact, males who took the depression test on Oct. 5, 2006 recorded an overall higher level of depression - 15.4 out of 20 for men versus 13.1 for women. A large number of divorced/separated men were “strongly encouraged” to seek an evaluation beyond the online test.

The May 22, 2007 Statistics Canada study reports men who experience a break-up are more at risk of depression than are women.

“Men have two things against them when a relationship ends,” says Robbie Babins-Wagner, Chief Executive Officer at the Centre. “Men are less likely to have structures in place to maintain the normalcy they need post relationship breakdown - when the relationship ends, they mourn the loss of stability in their lives. As well, they are conditioned not to talk about their experience, which keeps problems unresolved.”

In addition to counselling for individuals, Calgary Counselling Centre offers counselling and group therapy for depression, including:

- Adults experiencing depression, a group therapy program helping clients cope with and reduce depression,
- Children and youth experiencing depression, and,
- Children of Divorce, which helps parents and children adjust to the numerous changes that occur as a result of separation or divorce.

“Today there is a declining stigma to seek therapy,” says Babins-Wagner. “Men are now more willing to ask for help when they need it. Because depression is treatable, the sooner people seek treatment, the sooner their symptoms can be managed.”

At 35 percent, Calgary Counselling Centre sees a large proportion of male clients for therapy. In 2006, stress and depression were the most requested services for an individual seeking counselling at the Centre. The Centre was the official Calgary site for National Depression Screening Day in October, 2006 and will host the next free screening event on Oct. 11, 2007.

Calgary Counselling Centre is a not-for-profit, registered charitable organization and the leading research and knowledge-based counselling facility in Canada. The Centre is committed to providing compassionate, professional and affordable counselling services that help build better lives for Calgarians through positive outcomes. Offering service in over 15 first languages, the Centre is also a recognized leader in the treatment of family violence, depression, self esteem and eating disorders. Through its ongoing research and education programs, Calgary Counselling Centre strives to meet the changing needs of our community.

-30-

**For more information, or to arrange interviews, please contact:**

Kathleen Bell Communications Officer, Calgary Counselling Centre - Cellular phone: (403) 818-3085