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MEDIA RELEASE

CALGARY COUNSELLING CENTRE LAUNCHES INITIATIVE TO TACKLE MENTAL HEALTH ISSUES

Calgary, AB – May 5, 2015 –

The Calgary Counselling Centre (CCC) is pleased to announce the launch of an initiative designed to help people overcome their struggles through posting their written stories or videos on a website.

YourStories.ca allows people to talk about their struggles through writing or by submitting a video through their YouTube account.

“The YourStories initiative serves as an excellent resource where people struggling with mental health issues can see that others who have felt the same, have changed their lives,” explains Dr. Robbie Babins-Wagner, CEO for the Calgary Counselling Centre, adding many clients have said that hearing people with similar stories is helpful. “As we recognize and support the Canadian Mental Health Association’s 64th annual Mental Health Week, we felt it is an ideal time to let Calgarians know that they are not alone in their struggles and that YourStories.ca is just one of many resources to help them improve their lives.”

Stories currently on the site include a variety of experiences including those who have struggled with bullying, eating disorders, depression and anxiety.

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For more information or to arrange an interview, please contact:

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Calgary Counselling Centre is the leading research, training and knowledge-based counselling organization in Canada. Since 1962, the Centre has been committed to providing best practices in counselling, training and research to improve the well-being of Calgarians through highly effective counselling based on solid research and practice. Our services are available to anyone regardless of financial status, the Centre is a recognized leader in the treatment of domestic abuse, depression, eating disorders, separation/divorce, trauma and self-esteem. Through its ongoing research and education programs, Calgary Counselling Centre strives to meet the changing needs of our community.