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MacEwan University's REEL Learning series examines mental health

Post-secondary students deal with a variety of stressful issues – exams, term papers, finances and broken relationships to name only a few – that can create mental health concerns. But many suffer in silence because of the societal stigma around mental health issues.

MacEwan University is just one of the post-secondary institutions across Canada that is working to break that silence by promoting open conversations around mental health. These initiatives are brought together under the umbrella of the Changing Minds campaign that includes guest speakers, training programs, social media and information booths throughout the year.

"Having conversations with our students, faculty and staff about one's mental health helps to reduce the stigma associated with mental health issues," says Dr. Jessica Tomory, an associate professor in MacEwan's Department of Psychology.

On Tuesday, January 29, leading up to Bell Let's Talk Day, MacEwan brings the conversation into the community with a screening of *Silver Linings Playbook*, the next instalment of the REEL Learning film series, presented in conjunction with Metro Cinema. *Silver Linings Playbook* explores the impact of mental health through the story of Tiffany and Pat, both of whom suffer from psychological illnesses and bipolar disorder. Together, they learn how to heal, grow and deal with the issues that affect them. The movie was nominated for eight Academy Awards, and starred Robert de Niro, Bradley Cooper and Jennifer Lawrence, who won the best actress award.

After the screening, a panel of experts will discuss mental health issues facing students and present coping solutions. The panel includes Tomory and two members of the university's Wellness and Psychological Services team, Tory Pino and Nina Sangra.

"By increasing awareness and supporting those living with mental health challenges, we create a better learning and working environment," said Tomory. "Individuals who are living with mental health challenges need to understand there are ways to cope and the first step is to talk to someone about how they are feeling."

About REEL Learning

The REEL Learning series provides audiences with an opportunity to take a deep dive into movies and their relationship to current events and topics related to their content. Expert commentary is provided by industry experts and MacEwan University faculty members.

When: Tuesday, January 29

Where: Metro Cinema (8712-109 Street)

Time: 6:45 p.m.

The film screening is free for high school students with valid ID. Tickets are available at metrocinema.org or at the door.

\$5 for post-secondary students with valid ID.

Founded in 1971, MacEwan University inspires its students with a powerful combination of academic excellence and personal learning experiences. Offering more than 65 programs including undergraduate degrees, applied degrees, diplomas, certificates, continuing education and corporate training, the university provides a transformative education in a creative, collaborative and supportive learning environment where creativity and innovation thrive. Located in Edmonton, Alberta Canada, MacEwan University offers a unique student experience that opens up diverse pathways for achievement and growth.

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