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LAURIER EXPERT ALERT: Bell Let's Talk Day

WATERLOO – The Bell Let's Talk Day campaign runs annually on Jan. 28 in an effort to create a dialogue around mental health issues.

There are several Laurier experts available to comment on mental health:

Amy Clements-Cortes, instructor in Laurier's Music Therapy program, is an expert on music therapy and creative arts therapies for mental health, singing for health and wellness, mental health and older adults, dementia and depression and depression in long-term care homes. Clements-Cortes also has experience working with in-patient psychology. Contact information: (Cell) 519-897-3613 or notesbyamy2@yahoo.ca.

Carolyn FitzGerald, assistant professor in Laurier's Faculty of Education, is an expert on mental health in education. FitzGerald's research focuses on ways in which educators can offer effective programs to support the development of inclusive classrooms for Ontario's children and youth. FitzGerald is also the coordinator of Laurier's [Mental Health Issues in the Classroom certificate](#). Contact information: 519-884-0710 x4198 or cafitzgerald@wlu.ca.

Amy Milne-Smith, associate professor in Laurier's Department of History, is an expert on the history of mental health, particularly in Victorian Britain and Europe. Milne-Smith is available to comment on the history of stigmas about mental health, the rise and fall of the asylum, mental health and crime, and the evolution of diagnostics including the creation of disease (i.e. hysteria). Contact information: amilnesmith@wlu.ca.

Geoffrey Nelson, professor in Laurier's Department of Psychology, is an expert on homelessness and serious mental illness. Nelson has also researched the prevention of children's mental health problems. Contact information: 519-884-0710 x3314 or gnelson@wlu.ca.

Carol A. Stalker, professor emeritus in Laurier's Faculty of Social Work, is an expert on walk-in counseling. Stalker's recent research has shown that the "walk-in counseling model" of service delivery is associated with a faster improvement in psychological distress compared to the traditional model of service delivery where people are often put on a wait list before seeing a counselor. Her research demonstrates that contrary to expectations, people presenting with complex needs (psychological trauma, abuse and serious mental illness and child welfare concerns) particularly benefited from access to the walk-in counseling model. Contact information: 519-896-7585 or cstalker@wlu.ca.

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