



**FOR IMMEDIATE RELEASE**

## **Association of Psychology in Newfoundland Labrador Celebrates Mental Health Week**

(St. John's, Newfoundland) **May 6<sup>th</sup>, 2015.** Today, in honour of the Canadian Mental Health Association's Mental Health Week, the Association of Psychology for Newfoundland & Labrador (APNL) wants to highlight the unique mental health needs for men and boys in our Province. Mental Health Week raises public awareness and helps to support the recovery of these individuals.

Some interesting statistics:

- Men and boys are 4 times more likely to commit suicide
- Men have higher rates of addiction than women
- Depression symptoms often present differently in men (e.g. higher irritability and aggression, fatigue, substance use)
- About 5% of school children have AD/HD, with the condition occurring twice as frequently in boys
- Autism Spectrum Disorder is diagnosed four time more often in males than females
- Specific Learning Disabilities are more common in boys (est. 2:1 to 3:1)

“Sometimes it is easier for men to acknowledge physical symptoms, rather than emotional ones, and their mental health problems can go undiagnosed and untreated” says APNL co-President, Dr. Janine Hubbard.

### **About:**

APNL is a fraternal organization dedicated to the promotion of psychology in Newfoundland and Labrador and to the service of our members across the province. Our parent organization is the Canadian Psychological Association. Currently, there are approximately 200 APNL members province-wide.

### **Contact:**

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