HEALTH AND WELL-BEING FOR ALL

By Kathleen Powderley

Providing equal access is one of the fundamental challenges facing health-care planners and providers. Socioeconomic status, gender, race, language and sexuality all too often – even in Canada – affect people's health outcomes and access to health care. These factors have a profound impact on diagnosis and treatment of mental illness, which is stigmatized in so many cultures.

A new research project at Ryerson University explores ways to reduce the stigma of mental illness among men and boys in Asian communities across Canada, thanks to a $3-million

A new research project, led by Sepali Guruge, a professor in Ryerson's Daphne Cockwell School of Nursing, explores ways to reduce the stigma of mental illness among men and boys in Asian communities across Canada.

research grant from the Movember Foundation.

Solving this problem is essential in major cities like Toronto where almost 50 per cent residents were born outside of Canada.

Led by principal investigator Sepali Guruge, a professor in Ryerson's Daphne Cockwell School of Nursing, this project examines the effectiveness of two pilot anti-stigma interventions with 2,160 men living in Toronto, Vancouver and Calgary. Using innovative approaches to reduce internalized stigma and to support knowledge and skills building, it will have enormous impact. Community leaders from faith-based, media, arts and advo-

cacy sectors will help to build mental health supports within their communities.

This project builds on two strengths of Ryerson research – diversity and health. Other related Ryerson projects include the work of Morton Beiser, professor of distinction in psychology, which examines equality of mental health care for refugees and Donna Kollar, professor in the School of Early Childhood Studies, who helps health-care professionals decrease children's stress levels and allows them to take an active role in their care.

Ryerson also leads the Ontario Multicultural Health Applied Research Network initiative in

partnership with York University and Markham Stouffville Hospital, which examines and affects change of health inequities among ethno-cultural and racialized groups. Another project led by Judy Finlay, professor in Ryerson's School of Child and Youth Care, examines the social determinants of health including youth suicide prevention in Northern Ontario First Nations communities.

These research projects are just a few examples of how Ryerson is making a real difference through research and innovation. More information about these and other research is available at www.ryerson.ca/research.