

**Anxiety and Depression: an update on new developments  
International Symposium - October 21 and 22  
at the Douglas Institute**

**Montréal, Tuesday, October 19, 2010** - Ten experts in the fields of anxiety and depressive disorders from Harvard Medical School, the University of California, the University of Ottawa, and McGill University will share the latest knowledge about:

- Recent evidence on the biological link between stress, anxiety, and depressive disorders;
- New developments in the diagnosis and treatment of anxiety and depressive disorders;
- The treatment of depression during pregnancy and postpartum depression.

Depression and anxiety are treatable medical illnesses that currently affect almost 3.4 million Canadians. It is estimated that annually 12% of women and 7% of men suffer from anxiety and depression, yet more than two-thirds of people do not seek appropriate help and treatment for these conditions.

**Dates:** October 21 and 22, 2010

**Location:** [Douglas Hall](#), Douglas Mental Health University Institute

**Time:** 8:30 a.m. - 4:30 p.m.

This symposium is organized by the Douglas Institute and McGill University's Department of Psychiatry.

**Organizing Committee**

Drs. Hani Iskandar, Marcelo Berlim, John Pecknold, and Joseph Rochford; Elaine Mancina and Annie Paquette-Quintal.

**Information**

Marie France Coutu, Media Relations, Communication and public affairs  
Douglas Mental Health University Institute  
Tel: (514) 761-6131, ext 2769, Cell: (514) 835-3236  
[marie-france.coutu@douglas.mcgill.ca](mailto:marie-france.coutu@douglas.mcgill.ca)

**About the Douglas – [www.douglas.qc.ca](http://www.douglas.qc.ca)**

The Douglas is a world-class institute affiliated with McGill University and the World Health Organization. Its mission is to treat people suffering from mental illness and offer them both hope and healing. The Institute's teams of specialists and researchers continually advance scientific knowledge, integrate it into patient care, and share it with the community to increase awareness and thus eliminate stigma around mental illness.