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**SHEDDING LIGHT ON MENTAL ILLNESS WEEK  
Ottawa Dragon Boat Foundation supports mental health research**

OTTAWA, May 5, 2011 – The focus of this week is to shed light on mental illness and end the negative stigma associated with these debilitating diseases. The Ottawa Dragon Boat Foundation is proud to continue their support of the University of Ottawa Institute Of Mental Health Research and encourages public figures to step forward by sharing their stories of living with mental illness. One person doing just that is Canadian singer song writer Steven Page, who will be performing at this year's Tim Hortons Ottawa Dragon Boat Festival.

In January 2011, Steven lent his voice and lead discussions about mental illness as well as his own battle with depression. Most people don't realize that depression is a form of mental illness and affects an estimated 11% of Canadians at some point in their lives. Steven Page has helped others by sharing his story about coping, treatments and recovery.

In partnership with the Tim Hortons Ottawa Dragon Boat Festival (THODBF), the Ottawa Dragon Boat Foundation donates a portion of the funds from the Pledge Challenge to the University Of Ottawa Institute Of Mental Health Research. These funds go towards establishing a world-class Centre for Depression Research, where advance discoveries will lead to faster diagnoses, treatments, recoveries and significantly reducing deaths by suicide. At the end of this year's festival, the Foundation will have given over 100,000 to mental illness related charities. To learn more, visit [www.dragonboatfoundation.com](http://www.dragonboatfoundation.com).

Steven Page will be playing a free concert at the THODBF on June 18. For a full list of free entertainment, visit [www.dragonboat.net](http://www.dragonboat.net).

**About the Ottawa Dragon Boat Foundation**

In 2003 the Ottawa Dragon Boat Foundation was established to help grow the level of support for local charities and has raised over \$2.1 million to date through the annual Pledge Challenge. 2011 recipient charities include Sens Foundation/Project S.T.E.P, CHEO, Bruyere Foundation, ArtsSmarts, Debra Dynes Family House, Ottawa Humane Society and U of O Institute of Mental Health Research. This year's goal is to raise \$350,000. For more information and to make a donation, visit [www.dragonboatfoundation.net](http://www.dragonboatfoundation.net)

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