



Hotchkiss Brain Institute



Welcome to *MIST Matters*: the Mental Health Initiative for Stress and Trauma newsletter

We're thrilled to launch this quarterly publication to keep you connected with the Mental Health Initiative for Stress and Trauma (MIST). In this issue, explore our latest research advancements, get to know our team and learn how to get involved with upcoming events.

Did you know that securing research funding can be a slow process? That's especially true for bold, high-reward initiatives MIST leads. But thanks to the generosity of our donors, we are delivering real mental health solutions to those who need them, faster. And our work is just getting started!

[Watch video](#)

Thank you for being a part of this journey. We're grateful to have you with us.

Dr. Matthew Hill, PhD
MIST Research Chair



Rapid relief from suicidal thoughts

Published in *Psychological Medicine* and the *Journal of Affective Disorders*, MIST researcher Dr. Alex McGirr, MD, PhD, has found that combining antidepressant brain stimulation with a neuroplasticity-enhancing drug rapidly resolves suicidal thoughts and risk.



Making big strides in 2024

From launching innovative research, to events that sparked critical conversations, **MIST continues to expand its reach**. Our commitment to advancing mental health research and fostering meaningful conversations remains stronger than ever.



Spotlight on women's mental health

Dr. Liisa Galea, PhD, a **renowned expert in women's brain health**, joined MIST supporters in January to highlight the critical need to prioritize this area of research. MIST's strong connections with global mental health researchers ensure we're not only advancing science, but also sharing knowledge that can create real impact in our communities.



Meet Dr. Araba Chintoh, PhD

Psychiatrist, researcher and former Canadian national rugby player Dr. Araba Chintoh is dedicated to improving outcomes for patients with persistent severe mental illnesses — specifically through studying how psychiatric medications cause side-effects and exploring ways to reduce these effects. Her work focuses on treatment-resistant schizophrenia and youth mental health, and, drawing from her athletic background, mental health in elite athletes. [Learn more about our MIST team here](#).

Save the date!
UCalgary Giving Day
is **April 16**

Make your gift starting April 2 at
ucalgary.ca/givingday

Upcoming events



Hustle with Hunt spin-a-thon

The 3rd annual spin-a-thon is back April 12 on the rooftop of the iconic King Eddy. Join us for a high-energy ride and post-spin social. All donations made during UCalgary Giving Day are eligible for matching – doubling your impact!

[Sign up to spin](#)



Talking men's mental health with the Calgary Chamber of Commerce

Join us on May 13 for an important conversation on men's mental health. In partnership with the Calgary Chamber of Commerce, MIST is bringing this discussion to the forefront during International Mental Health Awareness Week.

[Buy tickets](#)

In case you missed it



Dr. Matthew Hill appeared on *The Huberman Lab*, the world's #1 health podcast

Explore how cannabis affects the brain and body in this insightful conversation, covering both the benefits and potential risks. [Watch here](#).

MIST named Cresco Cares 2025 Charity of the Year

MIST's Dr. Araba Chintoh awarded Canada Research Chair in child and adolescent mental health

Dr. Matthew Hill interviewed on *The Liz Moody Podcast* – Discussing the Health Effects of Cannabis

For questions or comments, contact us at: mist@ucalgary.ca

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University of Calgary
2500 University Drive NW
Calgary, AB T2N 1N4
CANADA

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