

Mary Louise Ireland, Ed. D

Working with adolescents for 30 years as a counsellor in the high school setting, Mary Louise recognized a need for further education around mental health challenges so pursued a Masters' degree in Counselling Psychology (UofT, 2003) and a Doctoral degree in Educational Leadership (Adolescent Mental Health, Western, 2017).

Continuing research interests, rooted in neuroscience and positive psychology, focus on what we can all do – as family members, as friends, as colleagues – to recognize opportunities to support each other as mental health challenges emerge and in making our wellness a priority.

Now retired from teaching, Mary Louise works part-time as a Mental Health Educator with CMHA York Region-South Simcoe, and independently as a facilitator of Mental Health First Aid, ASIST, SafeTALK and customized workshops. She also has an unrequited passion for golf, is at the beck-and-call of a 9.5 lb dog, and enjoys a good cup of tea with an even better book.