



# ANNUAL IMPACT REPORT

2022-2023

LEAD. SEED.  
INFLUENCE.

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Mental Health Research Canada is a national organization, and we are grateful for the opportunity to work, create, and collaborate on these lands that are now called Canada. We recognize that these lands are home to the First Nations, Métis and Inuit people.

We wish to acknowledge that the land on which MHRC's head office operates is on the traditional territory of the Mississaugas of the Credit, the Wendat, the Haudenosaunee and several other nations.



LAND  
ACKNOWLEDGEMENT



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An investment in research  
is an investment in the future

## REFLECTIONS FROM OUR BOARD CHAIR

Some years ago a group of us had the idea that there could be a new way of building knowledge in mental health. We had the idea that our country needed a national organization which reflected its multifaceted diversity and which introduced a new way of thinking about research. The new approach would bring in new voices — the voices of people who have a fundamental stake in mental health. This includes all Canadians, but there are many groups within our country that have a particularly pressing interest. People with mental illness, their families, marginalized groups, and many, many others whose lives are profoundly affected need to be heard.

We saw that the many stakeholders in mental health are not involved in the process of research and knowledge development. They have intimate knowledge of what is going on in their lives and the lives of loved ones. They understand what kind of help is needed. But their role in the research process has been marginal, and if they are invited to be involved at all, it is after most of the decisions have been made.

There are many downsides to this, but one stands out: A substantial portion of mental health research, like all medical research, is never used. Researchers like to blame this on “knowledge translation” — the lack of communication of research results. In fact, this is only half the story. More central to the lack of implementation is the fact that key stakeholders are not involved in the process and the research is not well grounded in the field.

MHRC is determined to change this situation for the better. There are a number of priorities. We will cast a wider net, listen to more voices, and set an example for inclusiveness in how research is done. We will also support new mental health researchers as they build their careers, and will support greater diversity in the people who make up our future research leaders. Finally, we will operate as an organization in full commitment to partnerships and positive cooperation with others in the field. Mental health is a common cause for all Canadians.

I was the first chair of MHRC and my term is now ending. It has been a distinct privilege to work with an outstanding board and staff group. I am very grateful for this.

Most sincerely,



John Trainor  
Board Chair, MHRC



## REFLECTIONS FROM OUR CEO

In less than four years, MHRC has “arrived” on the national stage and is contributing important work towards data-informed decision-making in some of our country’s highest offices. To date, we have proudly supported all provinces and one of three territories, in both official languages, while also providing unique support to Indigenous researchers.

MHRC is part of an ecosystem. Our impact is collective through our collaboration with partners and stakeholders. We lead initiatives, ideas and collaboratives and we seed fund unique research and early career researchers. Probably most importantly — we serve to influence the sector to engage with people with lived and living experience and include stakeholders in the research process.

I would like to extend my sincere gratitude to our founding Board chair, John Trainor, who is ending his term. John’s contributions in MHRC’s formative years have been outstanding.

He has paved the way for our successes through his supportive leadership at a time when we were a newly national organization. I would like to thank him for his unwavering support and trust.

I would like to thank our donors and partners who know that investment in research is an investment in the future. Mental health services and systems cannot be enhanced for Canadians without research.

Finally, I would like to extend my personal thanks to my colleagues. Together, and in a short time, we have built a reputation for being a trusted partner, a valued connector, and committed to excellence in all that we do.

It is an honour to do this work, especially when there has never been a more important time for mental health in Canada and globally.

With thanks,



Akela Peoples  
CEO, MHRC

# Leading, seeding and influencing in the mental health sector

Our contribution and impact are part of an **ecosystem**, as a **trusted connector** and **desirable partner** who is **fostering collaboration**.

We continue to **build and nurture relationships** nationally, to have a **collective impact** across diverse stakeholder groups.

In four short years, we have worked in **every province**, as well as **two of the three territories**, with grants and studentships. We also support Indigenous research, and engage people with lived and living experience throughout all our work.

**"[The data collection work] really, really helped with decision-making and policy development during the pandemic. Since then, the work has continued. It's been very well received. Your organization has been placed on the radar of parliamentarians, [...] and many of us who are in the health field, particularly, recognize the value of your work."**

**- SENATOR STAN KUTCHER**

## YEAR AT A GLANCE

Funded projects in  
**11**  
provinces and territories

**\$525,000**  
awarded to mental health research

**50,000+**  
respondents in our  
national population study

**13**  
research briefs  
and reports published

**900,000+**  
digital impressions

**8**  
webinars

**1,300+**  
registrants

## SINCE 2019

**60+**  
research awards distributed

**\$2+ Million**  
awarded to research

**49**  
funding  
partnerships

**47**  
data-sharing  
partnerships

**45**  
research briefs and reports

**36** studentships  
**5** fellowships  
**23** grants

**35**  
academic institutions and  
**54**  
community organizations supported





# Supporting data-driven decision-making

## TRACKING THE MENTAL HEALTH OF CANADIANS

*This work is conducted in partnership with Health Canada.*

MHRC's population data collection and analysis provides a comprehensive look into trends in mental health. This includes who in Canada needs mental health support, who is accessing help and potential barriers to care; factors of positive or negative mental health, including social determinants; how workplace experiences and widespread events such as the pandemic and the recession have impacted mental health indicators; and much more.

Through these collections, we have built a data set of over 50,000 respondents. This data is shared at no cost with nearly 50 stakeholders across Canada and internationally for purposes of education, policymaking, and advocacy. With this work, we are attempting to identify which groups are most vulnerable to mental health challenges and provide data-informed insight on how to best support Canadians. This initiative has been renewed for an additional five years, allowing us to continue providing the research community with comprehensive and up-to-date information to further mental health knowledge.

MHRC has the largest, most comprehensive database on COVID-19 and the mental health of Canadians, with over **50,000** responses to our polls to date.



## QUALITATIVE REPORTING ON VULNERABLE POPULATIONS

Along with a five-year renewal of our quantitative data collection initiative, our partnership with Health Canada has evolved to include the release of four annual qualitative reports based on interviews with Canadians in various population groups. This allows us greater insight into experiences of Canadians that have demonstrated to be particularly vulnerable to mental health challenges. This year we had the opportunity to offer a deeper understanding of the difficulties faced by 2SLGBTQIA+ identifying Canadians, those who have not accessed mental health support despite needing it, those employed in sectors with high levels of burnout, and Canadians with young children, with a focus on perinatal experiences. Through this work, we are able to supplement our numbers-based analyses with detailed insights from Canadians with lived experience.

## COMMITTED TO SHARING OUR KNOWLEDGE TO SUPPORT DATA-INFORMED DECISION-MAKING

Over the past year, MHRC shifted its focus on the intentional sharing of our research reports to wider audiences through direct outreach and the nurturing of existing connections. Success has been reflected in a growing list of interested readers, newsletter subscribers, data-sharing partners, and meeting requests. Key performance indicators continue to demonstrate accelerated and sustained engagement with MHRC reports over time.

We look forward to advancing our work in this area, strengthening valuable knowledge-exchange relationships and furthering the reach of our data over the next fiscal year.

## NATIONAL DATA AND TRENDS WEBINARS – SHARING INSIGHTS AND KEY FINDINGS



With every quarterly poll released, MHRC hosts a webinar to present key findings to stakeholders. To build on the knowledge shared during these online events, MHRC invites guests to present their own work on a particular topic of interest.

All of these webinars are available at [mhrc.ca/webinars](https://mhrc.ca/webinars)

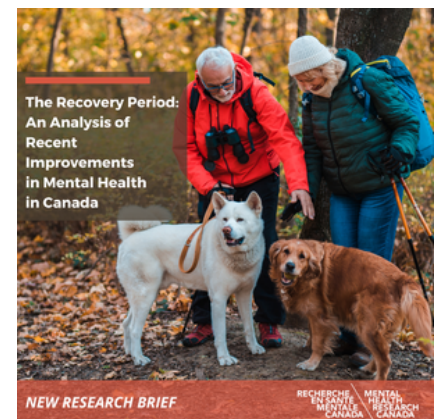
## INFORMING STAKEHOLDERS ON THE STATE OF MENTAL HEALTH IN CANADA

***This work is conducted in partnership with Health Canada.***

In the 2022-23 fiscal year, our dedicated team collaborated on 13 research reports in total: 7 research briefs, 2 mixed methods reports featuring qualitative interviews and 4 quarterly reports. The themes and topics are as follows:

- A Comparative Analysis of Access to Care (18-34 vs 35+ year old Canadians)
- Mental Health Support in Canada: Urban vs Rural
- Which Canadians Are Accessing Mental Health Support?
- A Mosaic of Experiences: The Mental Health of Racialized Communities Throughout the Pandemic
- Mental Health Literacy in Canada
- Insights Into 2SLGBTQIA+ Mental Health Throughout COVID-19: Quantitative and Qualitative Approaches
- The Recovery Period: An Analysis of Recent Improvements in Mental Health
- Resilience Infographic
- Barriers to Mental Health Care: Qualitative and Quantitative Approaches
- Quarterly Polling Reports: Polls 12 – 15

The research briefs and reports are valuable tools for sharing the wealth of data collected and analyzed through our national population polling initiative. As our polling work evolves, we have expanded our reporting beyond the impact of the pandemic, highlighting other relevant factors affecting the mental health of Canadians, and supporting our goal of data-informed progress. You can access all of our reports at [mhrc.ca](https://mhrc.ca)



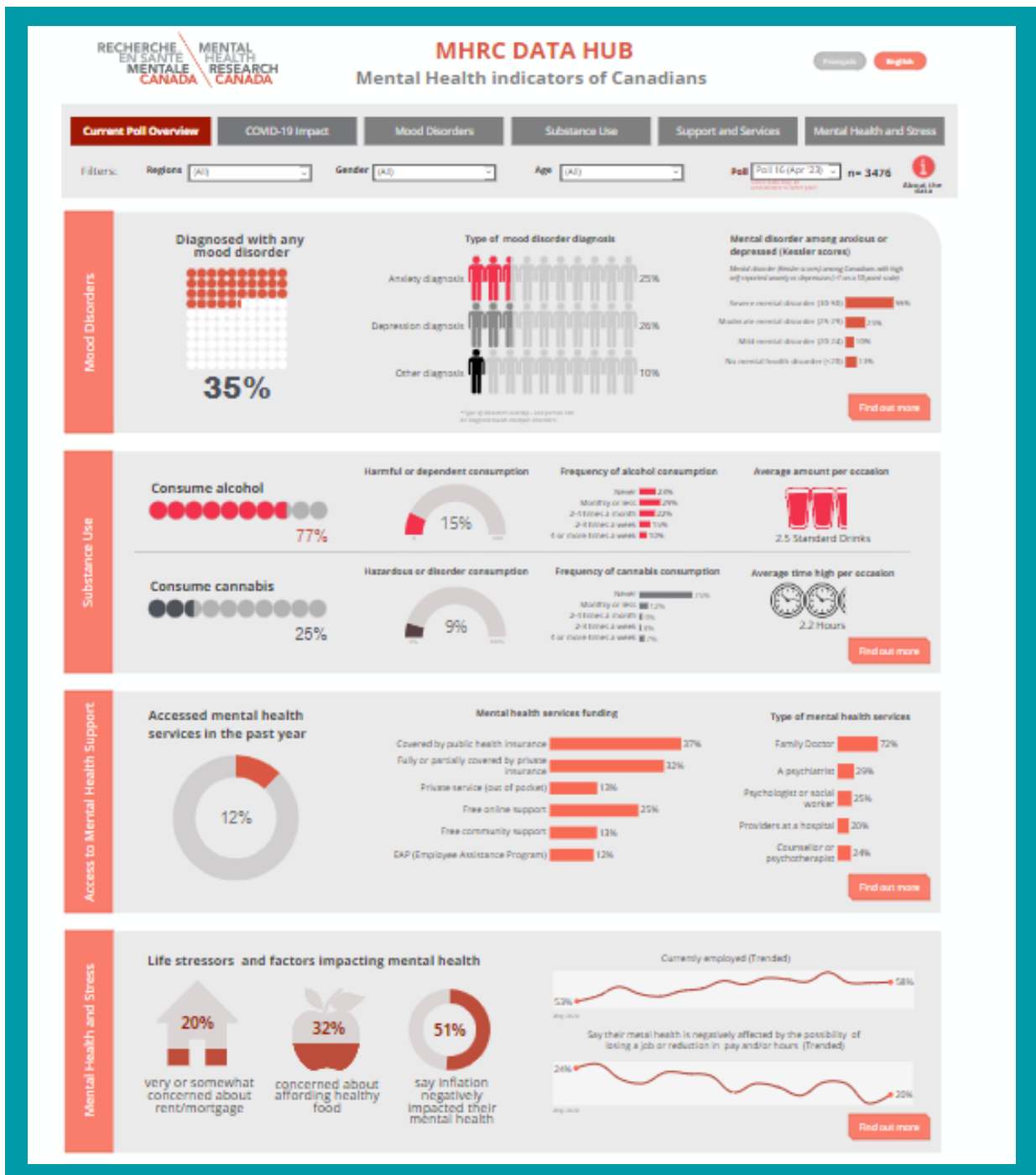
## PLEASED TO ANNOUNCE A NEW FUNDING PARTNER

MHRC has partnered with ATB Financial to create new opportunities and invest in progress. We look forward to collaborating on new mental health initiatives to meet the needs of Canadians. More to come!



# MAKING UP-TO-DATE MENTAL HEALTH DATA AVAILABLE TO CANADIANS

Our Data Hub is an accessible way to gain instant insight into our large data set without the need for an analyst. This is an easy-to-use tool that allows users to look at the mental health of Canadians by diagnoses, substance use, access to mental health support, and other factors. This is further broken down by age, gender, province, and data collection date. This resource is updated following each data collection. Explore this free, interactive tool at [mhrc.ca/data-hub](https://mhrc.ca/data-hub)



## SHARING TIMELY WORKPLACE MENTAL HEALTH INFORMATION WITH NATIONAL CHANGE-MAKERS

Last year, we released the large-scale study into psychological health and safety in the workplace using the *Guarding Minds* evaluation framework. This report was extremely well received, and analysis and engagement was high through this year — from media to large employers engaging us in dialogue.

We undertook three new projects through 2022-23:

1. A study looking into how effective people-leaders were in supporting the psychological health of their teams.
2. A sister study looking at how non-leaders felt their people leaders were doing in supporting psychological health. By doing both studies, we were able to compare responses, understanding where leaders felt they could improve and where the people they oversee believe improvement was most needed.
3. Our third study looked at the impact of emotional intelligence in the workplace. This study considered where emotional intelligence could improve to support more productive and cohesive teams.

As we close out this fiscal year, we have begun collecting data to update the psychological health in the workplace data for 2023, including examining the impacts of trauma and the effects of working in teams.

### A SPECIAL TRIBUTE IN HONOUR OF ONE OF OUR PARTNERS:



Michael Herman, Gowling WLG, Partner, and  
Akela Peoples, MHRC, CEO



The **Gowling WLG Workplace Mental Health Studentship** was announced this year. Proudly named after one of MHRC's partners, this award was made available to a student in any province or territory on the topic of workplace mental health. A particularly desirable and high priority topic was workplace mental health in the legal profession. The recipient of this new studentship will be announced in the next fiscal year.

## ARTIFICIAL INTELLIGENCE AND MENTAL HEALTH — ON THE LEADING EDGE OF INNOVATION

Together with the Institute for Advancements in Mental Health ("IAM"), MHRC jointly launched an innovation prize focused on innovative AI/ machine learning/ big data applications in mental health. The goal of this \$100,000 funding opportunity is to support breakthrough innovations, help innovators thrive, and unlock systemic change. More will be announced, including the selected recipients, in the next fiscal year.

RECHERCHE  
EN SANTÉ  
MENTALE  
CANADA

MENTAL  
HEALTH  
RESEARCH  
CANADA



Institute for  
Advancements in  
Mental Health

## ADDRESSING GAPS IN MENTAL HEALTH RESEARCH RELATED TO VETERANS AND THEIR FAMILIES

We are pleased to announce a new partnership with the **Atlas Institute for Veterans and Families**, as well as a new research award. This research award will examine the impacts of loneliness and isolation on veterans and their families, and will be launched early in the next fiscal year.

Stay tuned for more!



ATLAS INSTITUTE FOR  
VETERANS AND FAMILIES

INSTITUT ATLAS POUR LES  
VÉTÉRANS ET LEUR FAMILLE





## COMMITTED TO SUPPORTING INDIGENOUS MENTAL HEALTH RESEARCH

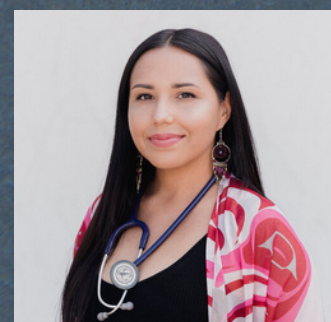
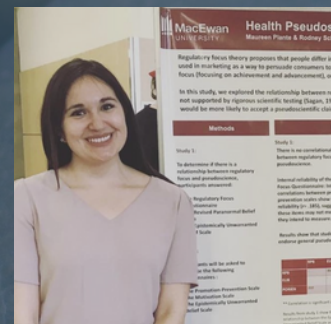
In honour of Truth and Reconciliation, MHRC launched an Indigenous studentship program in 2021. This funding supports Indigenous student researchers across Canada who are conducting research on Indigenous mental health.

We are proud to continue to support the following inaugural recipients of this program:

- **Maureen Plante, University of Calgary:** Braiding Sweetgrass: Supporting Indigenous Staff in Non-Indigenous Organizations
- **Stephanie Tipple, University of Calgary:** Indigenous Approaches to Wellness: A Response to the COVID-19 Mental Health Crisis in Indigenous Communities
- **Tasha-Lee Schwantz, Yukon University:** Mental Health Concerns of Small Business Entrepreneurs due to Financial Distress in the Indigenous Communities of Yukon Territory
- **Ashley Julian, Acadia University:** Nestuin Wiaqi - Elmi'knik Kekina'muemkewey: A Community-Engaged Research Approach for Accessing Linguistic Resurgence, Revitalization, and Reclamation Efforts

We also support the following impactful projects:

- **Nikki Rose Hunter-Porter, Thompson Rivers University** (in partnership with BC Interior Health): Exploring Mental Wellness Services: By and for Indigenous Peoples in British Columbia, Canada
- **Kahawani Doxtator and Dr. Dan Ashbourne, London Family Court Clinic, and Dr. Jason Brown, Western University** (in partnership with the Knowledge Institute): Lona'tshistanet (Firekeepers): Enhancing Coming of Age, a wellness program for Oneida Youth





## LEADING COLLABORATION BETWEEN PROVINCES

This year, we shared our end-of-funding report on the COVID-19 research generated to support Canadians. This report summarizes and reflects upon the completed projects, which explored the mental health impacts of the pandemic in jurisdictions across Canada. To read the report, visit our website at: [www.mhrc.ca/funded-research-projects](http://www.mhrc.ca/funded-research-projects).

MHRC is grateful to the following partners for their collaborative contributions to the report, making this work possible:



Ministry of  
Children and Family  
Development



Knowledge Institute on Child and Youth  
Mental Health and Addictions

Institut du savoir sur la santé mentale et les  
dépendances chez les enfants et les jeunes



## SEED FUNDING IMPACTFUL WORK

Special note of congratulations to **Dr. Nazeem Muhajarine**, SPHREU, who **has received additional funding in the form of a Canadian Institute of Health Research Grant (CIHR)** for his work on the impact of COVID-19 on the Saskatchewan population. This is phase two of the work that MHRC seed funded in collaboration with the Saskatchewan Health Research Foundation (SHRF). Since MHRC and SHRF first seed-funded this work titled *See Us Hear Us 1.0*, Dr. Muhajarine has secured an additional \$568,565 in grants to continue this work.



MHRC has seed funded other exceptional projects that have **gone on to receive CIHR funding**, including:

- Dr. Mark Sinyor - *Allegory-Based Literacy Empowerment (ABLE): Treatment Development Study of an Interactive Web and App-Based Platform to Bolster Coping and Mitigate Suicide Risk in Middle-schoolers (This work has been scaled to four provinces and 15 countries)*
- Dr. Jennifer Couturier - *A Virtual Parent-led Support Group for Parents of Children and Youth with Eating Disorders: A Mixed Methods Feasibility Study Examining Acceptability, Cost and Parent Outcomes*

## ADVANCING YOUTH MENTAL HEALTH

Congratulations to the following recipients of the MHRC-Knowledge Institute 2022 Ontario Youth Mental Health, Substance Use and Addictions Grant:



Knowledge Institute on Child and Youth  
Mental Health and Addictions

Institut du savoir sur la santé mentale et les  
dépendances chez les enfants et les jeunes

1. **Dr. Tina Benevides and Trish Mintz, HANDS TheFamilyNetwork.ca, and Dr. Andrew Weeks, Nipissing University:** Community Capacity Building for Trauma-Informed and Addiction Approaches for Youth in Northern Ontario.
2. **Dr. Jean Costello, Homewood Research Institute and Cyndy Dearden, of The Grove Wellington Guelph:** Examining Integrated Youth Services: An Evaluation of the Reach and Delivery of Services Provided by The Grove Wellington Guelph.

## COMING TOGETHER FOR COMMUNITY MENTAL HEALTH



Akela Peoples (MHRC), Dave Gallson (MDSC), Dr. Andy Greenshaw, and Minister Carolyn Bennett discussing community-based mental health care.



Colleagues in mental health joined together to discuss community mental health needs in Canada.

Akela Peoples, MHRC CEO, Board members Dr. Andy Greenshaw, Professor of Psychiatry and Neuroscience at the University of Alberta, and Brad Glynn, Executive Director at Lifewise, were invited to join a group of consumer-survivor organizations for a session of meetings organized by Mood Disorders Society of Canada (MDSC) in Ottawa in November, 2022. The events were led by Dave Gallson, CEO of MDSC. The focus of the meetings was to advocate for greater investment in community mental health and research.





## OUR PARTNERS

This year with our partners, we are proud to have provided funding support to the following organizations:

### IN THE COMMUNITY:

- BETH ISRAEL DEACONESS MEDICAL CENTER
- BODY BRAVE
- CANADIAN MENTAL HEALTH ASSOCIATION - WATERLOO WELLINGTON
- GREEN SHIELD CANADA
- HANDS THEFAMILYHELPNETWORK.CA
- HARVARD MEDICAL SCHOOL
- HOMEWOOD RESEARCH INSTITUTE
- LA PISCINE
- NATIONAL INITIATIVE FOR EATING DISORDERS
- SASKATCHEWAN COLLEGE OF PARAMEDICS
- ST. MARY'S HOME
- RELIEF – LE CHEMIN DE LA SANTÉ MENTALE
- WELCOME COLLECTIVE
- THE WELLINGTON GROVE GUELPH
- WOMEN'S HEALTH IN WOMEN'S HANDS

### IN ACADEMIA:

- CANADORE COLLEGE
- CARLETON UNIVERSITY
- DALHOUSIE UNIVERSITY
- HOLLAND COLLEGE
- MCGILL UNIVERSITY
- MCMASTER UNIVERSITY
- NIPISSING UNIVERSITY
- UNIVERSITY OF CALGARY
- UNIVERSITÉ LAVAL
- UNIVERSITY OF REGINA
- UNIVERSITY OF SASKATCHEWAN
- UNIVERSITY OF WATERLOO
- UNIVERSITY OF VICTORIA
- SIMON FRASER UNIVERSITY

# Capacity-building in Canada's mental health sector through research studentships

## CONGRATULATIONS STUDENTSHIP RECIPIENTS

### NATIONAL

- Gustavo Betini, University of Waterloo: *Assessing the Mental Health Impact of COVID-19 on Canadians: A Longitudinal Study.*
- Danielle Fearon, University of Waterloo: *MHRC population-data analysis.*

### ALBERTA

- Jenney Zhu, University of Calgary: *The Caregiver Online Psychoeducation Project: A Collaborative Response to the Increased Demand for Child Trauma Services.*

### BRITISH COLUMBIA

- Amanda Joseph, University of Victoria: *Evaluating the Evidence-Base for iCBT for Substance Use Treatment in Canada.*

### ONTARIO

- Sophia Ali, Carleton University: *Exploring Trauma- and Violence-Informed Physical Activity Programming: Refugee Women's Perspectives.*
- Shannon Coyle, Canadore College: *Exploring the impacts of COVID-19 on service provider habits and knowledge and parental experiences with postpartum mood and anxiety disorders.*
- Maria Nicula, McMaster University: *Exploring the Experiences of Individuals Suffering from Eating Disorder Symptoms Using Body Brave's Recovery Support Program: A Canadian Qualitative Study.*
- Candace Roberts, Carleton University: *Scaling Up Trauma- and Violence-Informed Physical Activity for Mental Health and Well-being.*

### NOVA SCOTIA

- Brannon Senger, Dalhousie University: *Virtual Mental Health Services for At-Risk Populations: Accessible and Free Psychotherapy.*

### PRINCE EDWARD ISLAND

- Isaac Compton, Holland College: *Development of a Mental Health Literacy and Self-Management Resource for People with Mild to Moderate Intellectual Disability.*

### QUEBEC

- Romina Barony, Université Laval : *Favoriser la santé mentale des travailleuses (-eurs) du secteur tertiaire: Exploration d'une approche novatrice basée sur l'exposition régulière à un environnement artistique immersif.*
- Olivier Côté, Université Laval : *Vers un tableau de bord interactif pour mieux soutenir la santé mentale au travail chez les personnes issues de groupes marginalisés.*

### SASKATCHEWAN

#### **Presented in partnership with the Saskatchewan Health Research Foundation**

- Alexandria Pavelich, University of Saskatchewan: *Understanding If and How Therapy Dog-Handler Teams Benefit Emergency Department Patients with Mental Health Concerns*
- Coatlicue Sierra Rose, University of Regina: *The Cultural Humility Immersive Assessment (CHIA) Project: Extended Reality, Intercultural Communication, and the Future of Healthcare in the Metaverse.*

# Mitacs

Special thank you to Mitacs —  
MHRC's commitment to  
supporting studentships is  
made possible by our multi-  
year partnership.



# Seed-funding impactful mental health research from coast to coast

## ACTIVE MHRC GRANT RECIPIENTS

### BRITISH COLUMBIA

#### **Presented in partnership with Michael Smith Health Research BC**

- Kiffer Card, Simon Fraser University: *Undertaking the Co-Design of Climate Distress Services for Young People in British Columbia.*

### ONTARIO

- Wendy Preskow, National Initiative for Eating Disorder: *Research on the mental health of young adults (ages 18-29) and of caregivers, caring for individuals affected by eating disorders.*

#### **Presented in partnership with the Institute for Advancements in Mental Health**

- Chris Bowie, Queen's University: *Effectiveness of a Self-Stigma Therapy for Reducing Suicidal Thoughts and Behaviours in Early Psychosis*

#### **Presented in partnership with the Knowledge Institute on Child and Youth Mental Health and Addictions**

- Ron Hoffman, Nipissing University, and Tina Benevides, HANDS TheFamilySupportNetwork: *Enhancing access to child and youth mental health services through an improved referral pathway from police officers*
- Andrew Weeks, Nipissing University, Tina Benevides, HANDS TheFamilySupportNetwork and Trish Mintz, Hands TheFamilyHelpNetwork.ca: *Community Capacity Building for Trauma Informed and Addiction Approaches for Youth in Northern Ontario.*
- Jean Costello, Homewood Research Institute and Cyndy Dearden, The Grove Wellington Guelph: *Examining Integrated Youth Services: An Evaluation of the Reach and Delivery of Services Provided by The Grove Wellington Guelph*

### NEW BRUNSWICK

#### **Presented in partnership with Research NB**

- Pamela Durepos, University of New Brunswick and Chandra MacBean, Alzheimer Society of New Brunswick: *Acceptance and Commitment Therapy through Tele-Counselling for Caregivers in New Brunswick*
- Ted McDonald, New Brunswick Institute for Research, Data and Training (NB-IRT), University of New Brunswick and William Journeay, Dalhousie University NB: *Prioritizing targets for workplace MH interventions using routinely collected administrative data.*

### SASKATCHEWAN

#### **Presented in partnership with the Saskatchewan Health Research Foundation**

- Heather Hadjistavropoulos, University of Regina and Ram Sapkota, University of Regina (Online Therapy Unit): *Pathways and Barriers to Access and Utilization of Internet-Delivered Cognitive Behaviour Therapy (ICBT) by Diverse Ethnocultural People of Saskatchewan.*
- Geoffrey Maina, University of Saskatchewan and Razawa Maroof, Regina Community Clinic: *Co-developing mental literacy and self-care resource for racialized newcomer youth in Regina, Saskatchewan: A youth-led participatory action research.*
- Charity Marsh, University of Regina, and Danielle Sakundiak, Girls Rock Regina: *Take Up Space, You Matter!: Fostering (Re)Connection After the Pandemic through Trauma-Informed Community Arts Programming*

### Recorded Webinars:

The *Spotlight on Research*

webinar series invites

researchers from select projects

to share their work and outcomes. All

are recorded and available to stream at

[mhrc.ca/webinars](https://mhrc.ca/webinars)





# FORWARD-LOOKING C-SUITE LEADERS MUST FOCUS ON WORKPLACE MENTAL HEALTH

We continue to spotlight the importance of workplace mental health for today's leaders through our ongoing *Workplace Mental Health: It Starts at the Top* webinar series. In March, we focused on the concept of the four-day workweek.

Akela Peoples moderated a thought-provoking discussion on this approach to leadership with guests who have implemented the four-day workweek in their own organizations. We were joined by: Charlotte Lockhart (New Zealand, Founder and Managing CEO, 4 Day Week Global); John Nash (UK, Founder, Nicholson Search and Selection); and Maureen Juniper (Canada, Founder and Partner, PRAXIS).

In June 2022, guests Sabrina Geremia (Vice President and Country Manager, Google Canada) and Lori Digulla (Senior Vice President and General Manager, Starbucks Canada) joined Akela to discuss workplace mental health and fostering a healthy environment and culture.

To learn about their successes and lessons learned, access the webinar recordings: [mhrc.ca/webinars](https://mhrc.ca/webinars)

**Special thanks to our partner:** 

**Workplace Mental Health:  
*It Starts At The Top***

View the recording from MHRC's webinar with innovative leaders who have implemented the four-day work week.



Maureen Juniper  
CANADA  
Founder and Partner, PRAXIS

John Nash  
UNITED KINGDOM  
Founder, Nicholson Search & Selection

Charlotte Lockhart  
NEW ZEALAND  
Founder and Managing Director, 4 Day Week Global

Session Facilitator:  
Akela Peoples  
CANADA  
CEO, Mental Health Research Canada

RECHERCHE EN SANTÉ MENTALE CANADA / MENTAL HEALTH RESEARCH CANADA

Visit [mhrc.ca/webinars](https://mhrc.ca/webinars) to view the webinar recording.  
With thanks for support from **beneva**

**Workplace Mental Health:  
*It Starts At The Top***

Don't miss our next session with Canadian business leaders



Sabrina Geremia  
Vice-President & Country Manager  
Google Canada

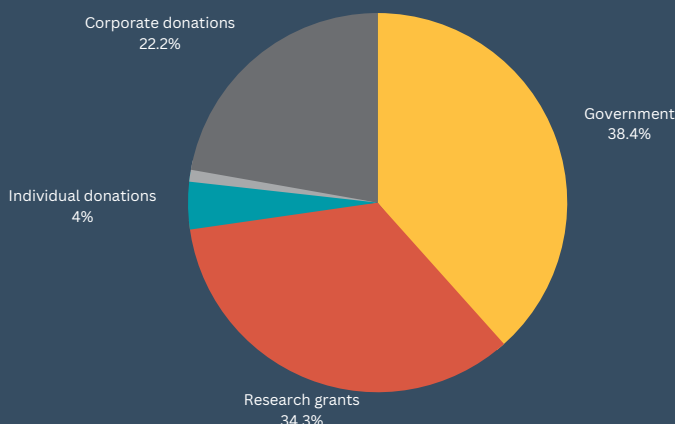
Lori Digulla  
Senior Vice President & General Manager  
Starbucks Canada

Akela Peoples  
(Moderator)  
Chief Executive Officer  
MHRC

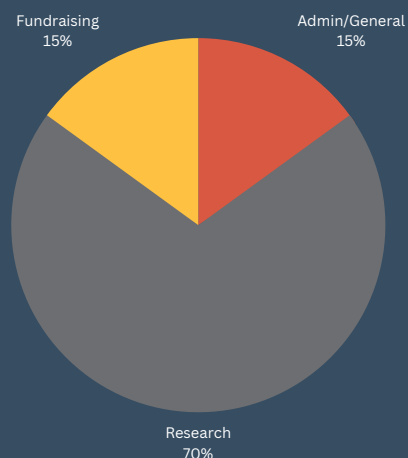
RECHERCHE EN SANTÉ MENTALE CANADA / MENTAL HEALTH RESEARCH CANADA

Thursday, June 2nd, 3:00 PM (ET)  
With thanks for support from **beneva**

## REVENUE



## EXPENSES



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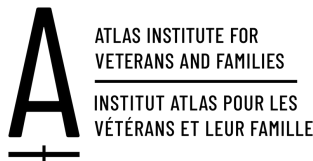
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