



Thank you for your interest in supporting Mental Health Research Canada! We are Canada's foremost national mental health charity dedicated to the advancement of knowledge and information in the mental health space. You can find more information below about our mandate and our current projects below. Our logo is free to use and can be downloaded from our website at www.mhrc.ca.

You may organize a fundraiser through CanadaHelps, or Facebook (linked with PayPal Giving) by selecting the "... " in the "Add to your Post" box. Then select "Raise Money" and search "Mental Health Research Canada." Each donation platform is a bit different and has unique tools to help you raise funds. All will provide your donors with a tax receipt directly. Facebook (via Paypal Giving) provides 100% of the donation directly to us. As a matter of privacy, we do not add the email addresses of any donor you recruit to our database. Funds raised through these portals go to our General Fund, which supports all of our work. If you have further questions, please reach out to info@mhrc.ca.

ABOUT US

Mental Health Research Canada

is a national charitable organization that is dedicated to improving the lives of all Canadians by advancing mental health knowledge.

OUR MISSION

We advance new knowledge that is focused on practical outcomes for Canadians.

We share existing knowledge to encourage stakeholders to implement best practices.

OUR APPROACH

We listen to stakeholders.

We collaborate with partners.

We fill knowledge gaps and avoid duplication.

MENTAL HEALTH DURING COVID-19

Acting with urgency when the pandemic struck, we turned our attention to collecting data on how the pandemic is affecting the mental health of Canadians. Now in partnership with the federal government, four provinces and others, we are producing the largest and most comprehensive ongoing polling data on mental health.

WORKPLACE MENTAL HEALTH (Launch 2021)

Collaborating with partners and promoting a Canada's Workplace Mental Health Day. Includes the new webpage www.workplaceMH.ca and several events across Canada to connect with employers.

GLOBAL MENTAL HEALTH RESEARCH

Co-funding Canada's role in a global study on research funding, coordinated by the International Alliance of Mental Health Research Funders.

STUDENTSHIPS

Investing in MSc students who are working on projects that are transformative, support local needs or help a community with high needs. In 2020-2021: \$15,000 available per studentship for up to 10 students.

RESEARCH GRANTS

- **COVID-19 Multi-Province Research Initiative:** roll out of research calls in September across four provinces.
- **e-Mental Health Impact Grants:** awarded to three innovative projects that advance digital solutions for children, youth and families.
- **Be Outspoken and Overcome Stigmatizing Thoughts (BOOST):** an online group intervention that integrates cognitive behavioural therapy with peer support.
- **Harry Potter and the Prisoner of Azkaban:** a web-based curriculum that uses the book's narrative to teach coping skills and resilience to middle schoolers.