Annual Impact Report 2018-2019

Research Projects We Funded in 2018-2019

MENTAL HEALTH RESEARCH CANADA (MHRC) funds research driven by the unique needs of – and in partnership with – a wide range of stakeholders to achieve our vision: a Canada with the best mental health for all.

Helping patients living with schizophrenia to stay on their treatment plan by building self-awareness of their illness. 

*Dr. Philip Gerretsen, Centre for Addiction and Mental Health*

Mitigating the effects of chronic stress to decrease vulnerability to other illnesses.

*Dr. Wataru Inoue, Western University*

Modifying the behaviour of youth with impulse control and aggression issues.

*Dr. Nathan Kolla, Centre for Addiction and Mental Health*

Managing self-critical perfectionism of students transitioning to university.

*Dr. Marina Milyavskaya, Carleton University*

Helping young people at high risk for psychosis build resilience to cope with stress.

*Lauren Drvaric, Centre for Addiction and Mental Health*

Examining the effects of housing instability on mental illness and substance abuse.

*Nick Kerman, University of Ottawa*

Tailoring interventions for HIV+ individuals dealing with depression and nicotine addiction, which increases the risk of cardiovascular disease.

*Danijela Maras, University of Ottawa*

Using mindfulness to prevent postpartum depression.

*Carley Pope, Lakehead University*

Evaluating the short-term and long-term effects of using magnetic fields to stimulate nerve cells in the brain to treat major depression.

*Laura Schulze, University of Toronto*

Predicting the response of older adults with depression to common antidepressants.

*Victoria Marche, University of Toronto*

Why our work is important

**THIS YEAR:** 1 in 5 Canadians will experience mental health issues.

**THIS WEEK:** 500,000 employed Canadians will miss work due to mental health issues.

**TODAY:** 11 Canadians will die by suicide.

These figures do not even capture the economic impact. Mental illness in Canada – healthcare spending and lost productivity – costs a minimum of $50 billion per year. This does not include other considerations like the impact on the health-related quality of life, which is estimated at being an additional $28 billion.

“We choose our projects based on what is important to Canadians. We believe if you want to build useful knowledge, you must begin with the people who will use it.”

*JOHN TRAINOR, Chair of MHRC’s Board of Directors*
Building on a strong legacy of research excellence

MHRC is a national charitable organization that evolved from the Ontario Mental Health Foundation (OMHF), which was established 55 years ago and had invested $34 million to fund 332 research projects over a 10-year period.

We support mental health research that betters the lives of Canadians. We manage the entire research process: sending out the call for research, enlisting a panel of experts to review the submissions, selecting the most innovative proposal/project, and reporting on the project’s findings and on its impact and application in the real world.

“We are committed to forming innovative partnerships to deepen the real-life impact of our work among Canadians.”

AKELA PEOPLES, CEO of MHRC

INCLUSIVE. INNOVATIVE. IMPACTFUL.

MENTAL HEALTH RESEARCH CANADA:

- Engages people with lived experience in our work and decision-making.
- Forms collaborative, impact-focused partnerships annually.
- Secures funding partners for evidence-based research and projects.
- Identifies and helps to scale innovative projects and solutions.
- Ensures research outcomes are applied to the real world to better the lives of all Canadians.