



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.

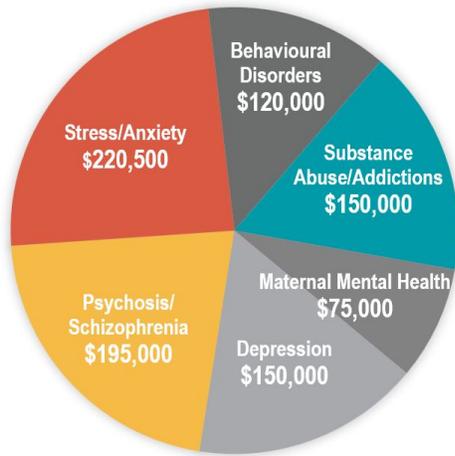
TODAY: 11 Canadians will die by suicide.

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.

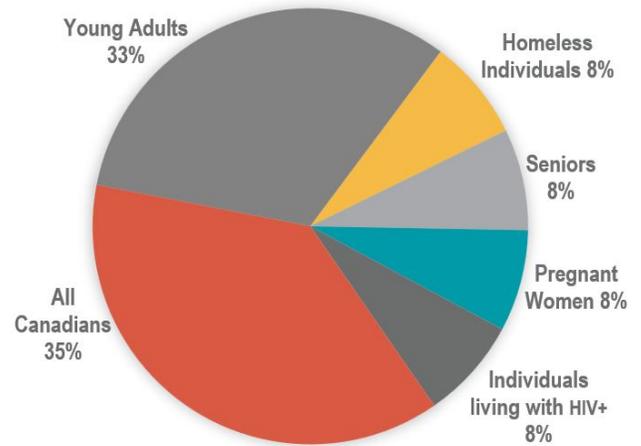
“We choose our projects based on what is important to Canadians. We believe if you want to build useful knowledge, you must begin with the people who will use it.”

JOHN TRAINOR, Chair of MHRC’s Board of Directors

WE FUNDED:



WE IMPACTED:



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 betteres 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.

