

University of Ottawa Institute of Mental Health Research (IMHR)
Annual Report 2008 - 2009



University of Ottawa
**Institute of Mental
Health Research**



University of Ottawa

Institute of Mental Health Research

**Institut de recherche en santé mentale
de l'Université d'Ottawa**

IMHR at a Glance

The University of Ottawa Institute of Mental Health Research (IMHR) was established in 1990 by the Royal Ottawa Health Care Group (ROHCG) and the University of Ottawa. In helping to fulfill the role of the ROHCG as a tertiary diagnostic, treatment, and education centre, the IMHR continually strives to promote, support, integrate, and disseminate basic and clinical research knowledge through collaborative efforts and networks. With the ROHCG, the IMHR is developing leading-edge multidisciplinary research programs with the ultimate goal of fostering innovative ways of treating mental illness.

Mission

To create scientific knowledge to improve mental health and well-being locally and globally

Vision

To be a premier research institute with national and international centre of excellence status that continuously improves mental health and well-being through leadership, collaborative discoveries and innovation in research, patient care and education.

Values

Excellence, collaboration, integrity, respect, compassion, wellness and equity.

Message from President and CEO of IMHR and the Chair of the Board of Directors

We are very pleased to provide the University of Ottawa Institute of Mental Health Research (IMHR) Annual Report 2008-09.

This year has been an exciting and productive one as we have built upon our past years' achievements and are keeping the momentum moving towards establishing Phase II of our strategic plan.

As the third largest mental health research centre in Canada, we have more than 82 clinical and 16 basic research projects underway. Our researchers are serving as teachers and mentors to more than 45 graduate students and post doctoral fellows. In 2008-09, IMHR received funding of more than \$5.1 million through grants and contracts.

This work has not gone unnoticed—it has resulted in more than 168 peer-reviewed scientific papers and book chapters with countless media activities. This report highlights a small sample of the many activities that exemplify excellence in research at IMHR.

Recognizing that the staff at the IMHR is our greatest asset and key to the successful growth of Phase II, we are especially pleased to welcome a new addition to the IMHR team. Dr. Georg Northoff from the University of Magdeburg, Germany will lead the new Mind, Brain Imaging and Neuroethics Platform. He will also serve as interim Director of the Schizophrenia Research Unit.

Dr. Northoff brings world-class leadership in clinical neuroscience in the areas of mind and behavior, brain imaging and neuroethics, as well as the integration of psychiatry and functional neuro-imaging. With his focus on brain imaging and its application to psychiatric disorders, Dr. Northoff is catalyzing development in this area which is critical to the success of IMHR.

In addition, we are also proud to recognize two of the next generation of mental health researchers—Ms Jennifer Phillips and Mr. Frank Chenu. Ms Phillips and Mr. Chenu are the inaugural recipients of the first annual IMHR Young Investigator Awards presented at the Annual Research Day and 12th Annual Y.D. Lapierre Resident Research and Academic Day. The awards acknowledge the best presentation in clinical and in basic science research.

As we move forward in establishing Phase II of our strategic plan, we are working very closely with our partner—the Royal Ottawa Health Care Group (ROHCG)—as it implements its new Strategic Plan (Inspiring Care: Together to 2012). Our key role is to support the Plan's Strategic Direction #2 - Advancing Discovery which supports and enhances opportunities for the integration of research, education, clinical care and partnerships. We are also working collaboratively with the University of Ottawa to achieve the goal of becoming a world-renowned academic mental health sciences centre with the ROHCG.

Looking ahead, we are working to establish the first Canadian Mental Health Research Network (CMHRN), a new initiative with the Mental Health Commission of Canada, and key partners from all Canadian provinces. Once established, the CMHRN will


foster alliances at the national level and provide a single voice for the entire Canadian mental health research enterprise to its stakeholder communities (including Federal and Provincial governmental funding organizations and international sister organizations).

It will also serve to coordinate and facilitate national clinical trials and cooperative research projects that inform clinical care practice and health policy formulation. Furthermore, it promises to advance the national framework of mental health research and help Canada become a leading force in global mental health and addictions research.

In closing, we acknowledge and praise our staff, volunteers, supporters and our government partners in mental health care. Through leadership, collaborative discoveries and innovation in research, patient care and education, we are moving closer to achieving our vision of continuously improving mental health and well-being and becoming a premier research institute with international centre of excellence status.



Shirley Westeinde
Chair of the Board of Directors



Dr. Zul Merali
President & Chief Executive Officer



Meeting our Objectives

The overarching objective of the IMHR is to generate scientific knowledge and translate that knowledge into clinical practice to ultimately improve mental health and well-being. We are supporting this objective by providing a First Friday Lecture Series and Public Lectures. The aim of the lectures is to help inform and educate clinicians, scientists and the public of the research being conducted to improve and advance the understanding and treatment of mental illness. These lectures include:

First Friday Lecture Series – April 1, 2008 to March 31, 2009

- April 4, 2008 **Child Sexual Exploitation Through the Internet: What Do We Know?**
Dr. Michael Seto
- May 2, 2008 **Transcranial Magnetic Stimulation in Psychiatry/Neurology**
Ian Glass, Founder
NPTx MindCare Centres
- June 6, 2008 **Treating Depressed Parents and Helping Their Children**
Dr. Myrna Weissman
- October 3, 2008 **The Neuroscience of Tinnitus**
Dr. Larry Roberts
- November 7, 2008 **The Social Determinants of Mental Health or Why Adverse Living Conditions Make us Emotionally Ill**
Dr. Dennis Raphael
- March 13, 2009 **Stress, Memory and Hippocampal Volumes in Humans**
Dr. Sonia Lupien

Public Lectures

- October 8, 2008 **Breaking the Barriers: Out of the Shadows Through Science**
Moderator: André Picard
Panel: Romie Christie, Sabrina Hammer, Dr. Bruce Link, Austin Mardon, Dr. Robert Ouellet, Dr. Rémi Quirion and Dr. Heather Lee Stuart

The Year in Numbers

Research Staff:	Researchers	40
	Support Staff	70
	Trainees	50
	Volunteers	8
Peer Reviewed Publications:	Total	168
Research Grants and Contracts	62
Research Space:	22,714 sq. ft.



The Royal Ottawa Mental Health Centre



(left to right) Lisa Zhao, Dr. Xia Zhang, Amy Hu

Treating Cannabinoid Addiction

Cannabis is the most widely used illicit drug in developed countries including Canada. Canadian teenagers are among the highest consumers of marijuana in the world. Major public health studies have confirmed that cannabis consumed at a young age is associated with a higher risk of drug addiction, schizophrenia, depression and anxiety. However, how adolescent cannabis exposure leads to drug addiction and mood disorder remains largely unknown.

Dr. Xia Zhang, a University of Ottawa Institute of Mental Health (IMHR) researcher and Associate Professor at the departments of Psychiatry and Cellular and Molecular Medicine, at the University of Ottawa, is working to solve that unknown. Dr. Zhang and his team are currently exploring a collaborative research project with the Royal Health Care Group (ROHCG) to study preclinical and clinical treatments of cannabis addiction. The study will assess the potential effectiveness and safety of the cannabinoid receptor blocker, rimonabant, which has been shown to aid in smoking cessation and weight reduction in obesity.

"We know that recent preclinical studies have consistently demonstrated that rimonabant blocked cannabinoid-induced drug seeking," says Zhang. "But what we don't know is its potential effectiveness and safety in treating cannabinoid-induced drug seeking behaviour. The knowledge and data gained from this proposed collaborative study are expected to provide important data for better understanding the mechanisms underlying cannabinoid addiction."

Recent studies have shown that cannabis consumed at a young age is associated with a higher risk of drug addiction, schizophrenia, depression and anxiety. Dr. Zhang and his team are also proposing to establish the first Canadian Cannabis Research Team made up of Canada's top cannabis neurobiology experts to study the relation of adolescent cannabinoid exposure with the co-morbidity of drug addiction and mood disorder.

The Canadian Cannabis Research Team plans to conduct both preclinical studies (from the molecule level through electrophysiology, neuroanatomy and animal behaviour) as well as clinical studies (clinical psychology and psychiatry). The team, comprised of five researchers in five universities will work together with their unique expertise in preclinical neuroscience research as well as expertise in translational neuroscience to better understand and treat drug addiction and mental illnesses.

"Bringing preclinical scientists, psychiatrists, psychologists and pharmacists together increases the likelihood that the research evidence will address clinically relevant questions and the findings put into practice," says Zhang. "We expect that the project will provide a scientific base for establishing new therapies to help adolescents suffering from cannabis addiction and mental illnesses such as depression and anxiety."

"The knowledge gained from our studies will provide important data for a better understanding of the mechanisms underlying cannabinoid (marijuana) addiction."

– Dr. Xia Zhang

Understanding the Link between Mental Illness and Nicotine Addiction

“There is a growing understanding of the link between mental illnesses and nicotine addiction.”

– Dr. Verner Knott

There are many population surveys and clinical studies documenting that a large percentage of patients suffering from mental illnesses are addicted to nicotine. More than 50 per cent of psychiatric patients smoke — up to 95 per cent of schizophrenia patients and 40-50 per cent of patients suffering from depression smoke. Cigarette smoking is described as a chronic relapsing brain disorder characterized by nicotine-induced changes in brain chemistry, which leads to compulsive, uncontrolled cigarette consumption.

“There is a growing understanding of the link between mental illnesses and nicotine addiction,” says Dr. Verner Knott, Director of the University of Ottawa Institute of Mental Health Research’s Clinical Neurophysiology and Cognitive Research Laboratory. “By better understanding this link, we can help more people.”

Dr. Knott and his team are engaged in several research projects that are exploring brain mechanisms underlying cognitive and affective processes in patients with psychiatric disorders. They explore brain mechanisms by using two cerebral electric tools—digital electroencephalography (EEG) and event-related potentials (ERPs). Both allow for precise monitoring of human brain activity associated with spontaneous or induced cognitive or emotional states.

The strength of these tools in neuroscience research lies in their ability to sample rapid neural processes underlying disturbances in emotion, mood and cognition.

“Our research is an important step in helping us know what is happening in the brain which can help us create more effective therapies,” says Dr. Knott.

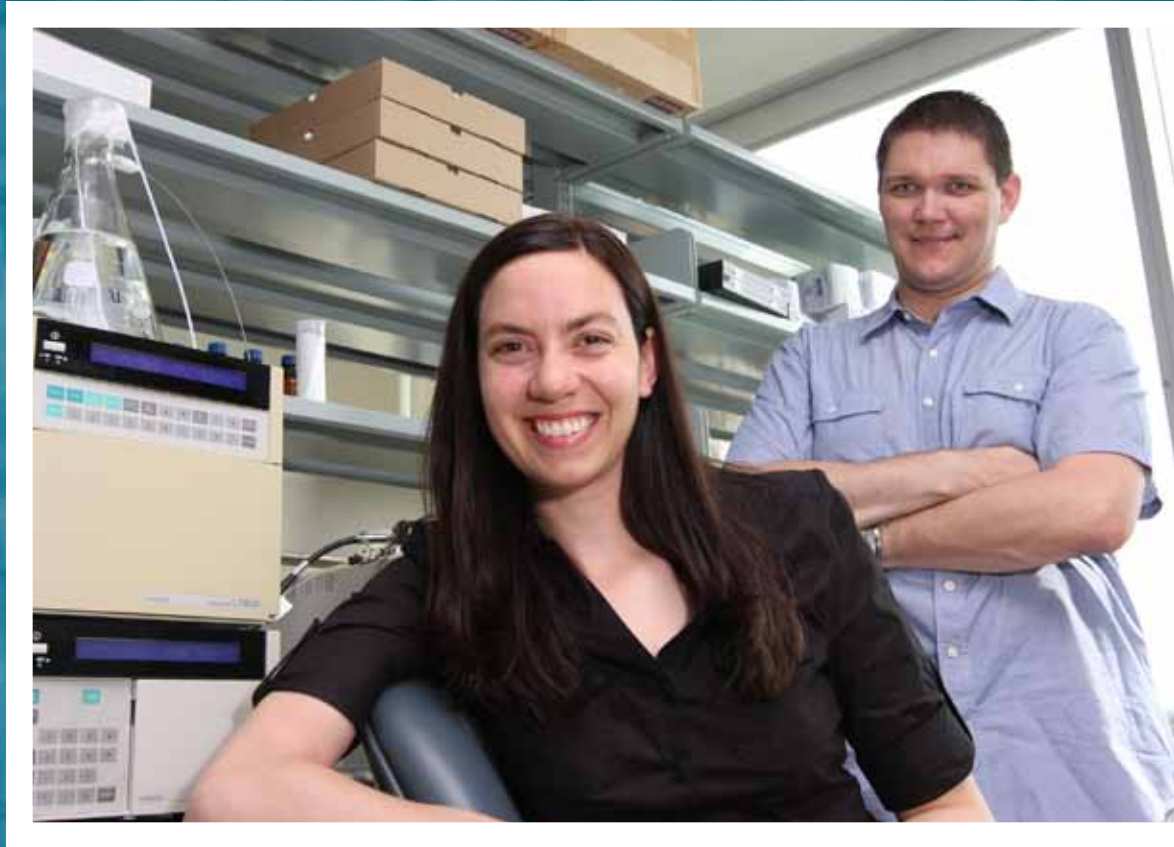
One research project Dr. Knott and his team are conducting uses these tools to look at using nicotine as a potential therapeutic agent in depression. The study is expected to provide important insight into mechanisms linking nicotine dependence, serotonin and depression.

Another project, which is currently in the preliminary stages, will examine nicotine’s potential anti-psychotic properties in otherwise healthy volunteers who exhibit schizotypal personality traits. This research will help unravel the mechanism contributing to nicotine dependence in schizophrenia as well as in those with vulnerability to develop schizophrenia. It is expected that the results from this study will help in the development of new treatments for both smoking cessation and improvement of cognitive impairments in schizophrenia.

While some of these research projects are still in their infancy stages, Dr. Knott is enthusiastic about the possibilities of learning more about the link between mental illnesses and smoking. “We might not only be better able to understand the role of nicotine dependence in psychiatric patients, but we may also be able to prevent its occurrence and develop new treatments to reduce people’s dependence on nicotine.”



(left to right) Dunia Naboulsi, Derek Fisher, Crystal Villeneuve, Danielle Mipey, Dylan Smith, Natalia Jaworska, Dhrasti Shah, Dr. Verner Knott.



(left to right) Jennifer Phillips and Franck Chenu

Our Future Generation of Mental Health Researchers

The University of Ottawa Institute of Mental Health Research (IMHR) is Canada's third largest mental health research institution in Canada. Sustaining this level of research expertise requires attracting and retaining talented young researchers to advance basic and clinical mental health research. Doctoral student, Jennifer Phillips and Post Doctoral Research Fellow, Franck Chenu are two examples of the type of young researchers IMHR attracts—creative people with innovative ideas and passion.

Phillips and Chenu are both recipients of the inaugural IMHR Young Investigator Awards. The awards recognize talented young researchers in the field of mental health research. Jennifer Phillips received the award for best presentation in clinical research, whereas Frank Chenu received the award for best presentation in basic science research.

The awards provide a cash prize of \$1,000 each to be used to attend a scientific meeting of their choice, encouraging and facilitating his/her lifelong commitment to the field of mental health research.

Jennifer Phillips is a PhD student in the Department of Cellular and Molecular Medicine-Neuroscience at the University of Ottawa. She is working under the supervision of Drs. Pierre Blier and Patrice Boyer in IMHR's Mood Disorders Research Unit, on a research study using magnetic resonance imaging (MRI) to study the shrinkage or atrophy of the hippocampus (a brain region involved in learning and memory) in depression and schizophrenia.

The study is among the first direct comparisons of hippocampal morphometry in schizophrenia and major depression patients. Studying how hippocampal structure is affected by genetic variation and how it responds to treatment is expected to reveal important insights into the development and course of these disorders.

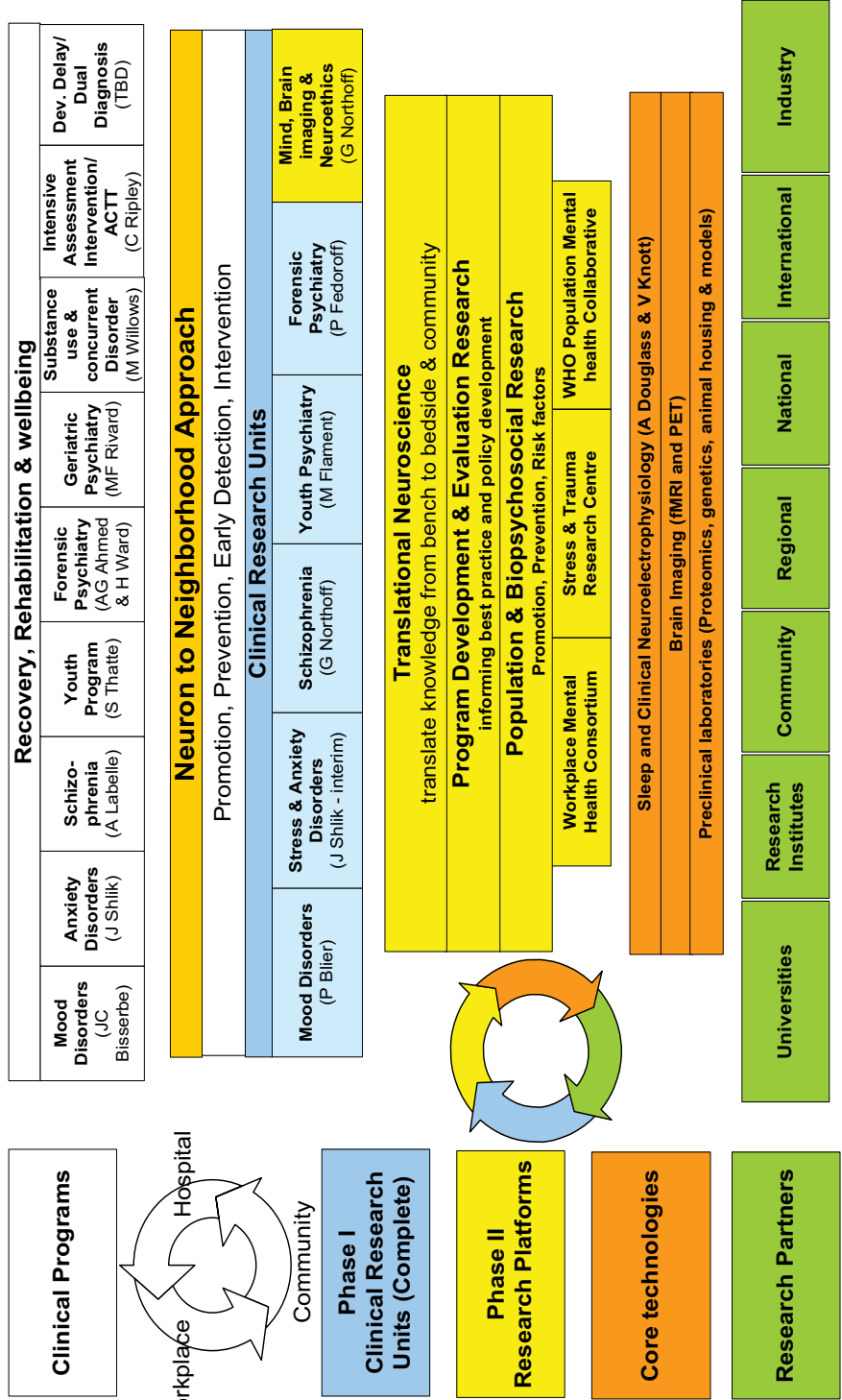
"This award means a great deal to me. It is providing me with the opportunity to attend an important meeting on neuroimaging which will allow me to disseminate my research findings and to complete a brief course in imaging genetics," says Phillips.

Franck Chenu is a Post Doctoral Research Fellow at IMHR's Mood Disorders Research Unit. He is working with Drs. Pierre Blier and Mostafa El Mansari to develop new strategies to improve the remission rate of severely depressed patients. This is important because almost one-third of severely depressed patients do not respond to any treatments.

His study looked at the long-term effects of monoamine oxidase inhibitors (MAOIs) — a class of powerful antidepressant drugs—on the midbrain dopamine (DA) neurons. Dopamine is an important messaging molecule (like serotonin) in the brain and plays an important role in behavior and cognition. The results of the study suggest that long term treatment with MAOIs had a negative effect on DA neurons; however, this can be blocked (antagonized) by the concurrent administration of ondansetron. This provides new hope for patients who do not respond to classical treatments.

"It is a great honour to receive this award," says Chenu. "It is a significant acknowledgement of my work as a young researcher at IMHR and reinforces my motivation to continue developing new effective therapies for people suffering from severe depression."

Strategic Directions (2008-2012)
 University of Ottawa Institute of Mental Health Research (IMHR)



IMHR New Strategic Direction—Phase II

The last five years have marked a period of unprecedented growth at the IMHR. Our first phase resulted in the creation of five illness-or population-based Clinical Research Units (CRUs; depicted in light blue in the diagram on page 12). These include:

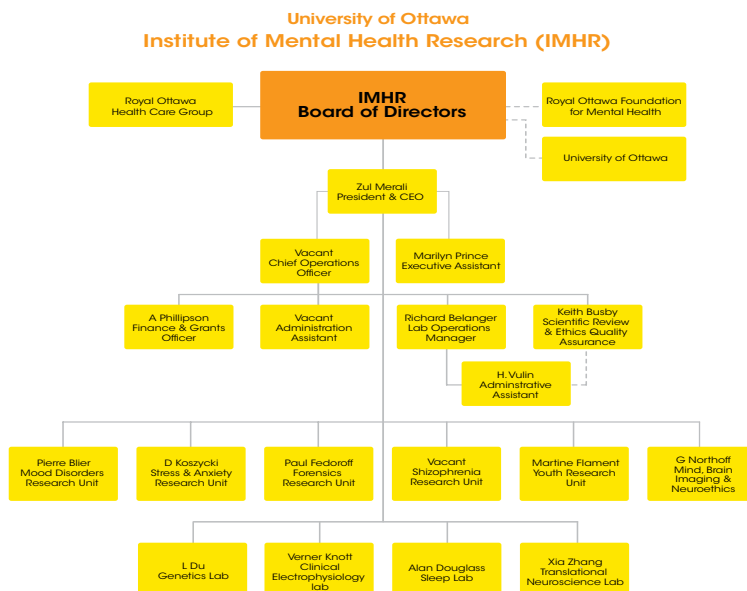
- Mood disorders
- Stress and anxiety disorders
- Schizophrenia
- Youth psychiatry
- Forensic psychiatry

IMHR is now embarking on establishing Phase II of its strategic directions—the creation of new research platforms and core technologies (depicted in yellow and orange in the diagram on page 12). IMHR is poised to play an expanded role in research to chart newer and more effective mental health discoveries including new diagnostics, treatments, strategies and access to mental health research instruments and technology. The new research platforms and core technologies include:

- Program Development and Evaluation Research
- Brain Imaging
- Integrated Population, Community and Psychosocial Research
- Translational Molecular and Behavioural Neuroscience
- Sleep and Clinical Electrophysiology.

IMHR's Phase II strategic directions will support not only research at the IMHR and Royal Ottawa Health Care Group (ROHCG), but will also enhance the regional and national research capacity of our stakeholders and partners (depicted in green in the diagram on page 12).

Governance and Accountability



Our Partners

At the University of Ottawa Institute of Mental Health Research (IMHR) we value our strong partnerships. Engaging our partners in leading-edge multidisciplinary research programs helps us work toward our goal of fostering innovative ways of diagnosing and treating mental illness.

We believe that by working together, we are able to integrate our basic and clinical research knowledge with clinical services, education, teaching and advocacy and awareness, ultimately providing patients suffering from mental illness with the very highest quality care.

Our partners include:

The Royal Ottawa Health Care Group (ROHCG)

The ROHCG is comprised of the Royal Ottawa Mental Health Centre, the Brockville Mental Health Centre, the University of Ottawa Institute of Mental Health Research (IMHR), Royal Ottawa Place and the Royal Ottawa Foundation for Mental Health. The ROHCG provides specialized mental health services for residents across Eastern Ontario with complex and serious mental illnesses. ROHCG clinicians work with community partners to ensure patients/clients have timely access to services including inpatient, outpatient, partial hospitalization, day hospital, assertive community treatment, outreach and consultation models of treatment.

The Royal Ottawa Foundation for Mental Health (ROFMH)

The Royal Ottawa Foundation for Mental Health raises funds to support the best possible patient care and leading edge research provided by the Royal Ottawa Mental Health Centre, the Brockville Mental Health Centre, and the University of Ottawa Institute of Mental Health Research. The Foundation's funds provide support for the purchase of Hospital equipment, capital projects and research that contributes to the improvement of patient care, now and for the future.

The University of Ottawa

The University of Ottawa is one of Canada's top research-intensive universities which facilitates continual collaboration and fosters leading-edge research training. It is committed to building a health research enterprise that fosters excellence and encourages an interdisciplinary approach to knowledge creation, which attracts the best academic talent from across Canada and around the world.

The Mental Health Commission of Canada (MHCC)

The MHCC is a non-profit organization created to focus national attention on mental health issues. It is funded by the federal government but operates at arm's length from all levels of government. The Commission's objective is to enhance the health and social outcomes for Canadians living with mental health problems and illnesses. In addition to producing a mental health strategy, the Commission is currently pursuing four other strategic initiatives: a ten-year effort to combat stigma and discrimination; building a pan-Canadian mental health knowledge exchange infrastructure; creating a broadly-based organization of mental health volunteers; and conducting research demonstration projects on homelessness and mental illness in five cities.

Board of Directors

Shirley Westeinde, C.M. (Chair)

Chair of the Westeinde Group of Companies specializing in development, property management, leasing and green building design and development.

Roxanne L. Anderson (Vice-Chair)

Roxanne Anderson is a Partner with PricewaterhouseCoopers LLP, Ottawa.

Myrna Barwin (Past-Chair)

Myrna Barwin is a Consultant specializing in the management and operations of organizations. Has held senior ,management positions in government and the private sector.

Dr. Caroline P. Andrew

Dr. Andrew is a Professor in the School of Political Studies and Director of the Centre on Governance at the University of Ottawa.

Elizabeth (Lisa) Cogan

For 30 years, Elizabeth Cogan has been actively involved in both Ottawa community issues and in national issues as they have pertained to her board committees.

Wendy L. Cohen

Wendy Cohen is Director of Chartwell Communications Consultants Inc.

Scott M. Eaton

Scott Eaton is a corporate and securities lawyer. He has held senior management positions at SHL Systemhouse and NAV Canada.

Murray J. Elston

President and CEO of the Canadian Nuclear Association. Member of the Ontario legislature from 1981 to 1994. Chair of the Walkerton Clean Water Centre.

Dr. Paul Fedoroff

Dr. Fedoroff is Director of the Sexual Behaviors Clinic of the Integrated Forensic Program of the Royal Ottawa Mental Health Care Group (ROMHCG).

Dr. Katharine Gillis

Chair of the Department of Psychiatry, University of Ottawa.

Dr. François Houle

Dr. Houle is Dean of the Faculty of Social Sciences at the University of Ottawa.



Timothy J. Kluke

Timothy J. Kluke is President and CEO of the Royal Ottawa Foundation for Mental Health.

Dr. Verner J. Knott

Dr. Verner J. Knott, B.A., M.A., Ph.D., C. Psych. is a Clinical Associate Professor in the Department of Psychiatry and Adjunct Professor in the Department of Graduate and Postdoctoral Studies and School of Psychology and Neuroscience Program, at the University of Ottawa.

Patrick D. Lafferty

Patrick D. Lafferty is a retired partner of PricewaterhouseCoopers LLP and a Member of the Executive Committee of the Friends of Canadian Institutes of Health Research.

Dr. Zul Merali (Secretary)

Dr. Merali is President and CEO of the University of Ottawa Institute of Mental Health Research and Professor in the faculties of Medicine and Social Sciences at the University of Ottawa.

James Morrissey (Treasurer)

James Morrissey is a National Partner, Tax Knowledge, with Ernst & Young Canada and an elected Fellow of the Institute of Chartered Accountants (FCA).

Richard Patten

Richard Patten currently works at Plasco Energy Group in Ottawa, Canada as a Special Advisor to the company in government relations and public affairs.

Dr. John Rutherford

Dr. Rutherford is a retired executive with more than 30 years of experience in the private, public and academic sectors.

George Weber

George Weber is President and CEO of the Royal Ottawa Health Care Group.

Scientific Advisory Board

Our Scientific Advisory Board provides expert advice and guidance on the research orientation, performance, and strategic research directions of the Institute. Its members are leading figures in the national and international scientific communities, with outstanding clinical or basic science expertise in relevant areas to the IMHR.

Dr. Hymie Anisman

Professor in the Institute of Neurosciences at Carleton University

Dr. Anisman is a world-renowned neuroscientist and leading researcher on the causes of stress-induced illness. His research involves the exploration of the pharmacological and neurochemical basis for depression and anxiety for which he has received numerous international citations. He and his team are now engaged in extending that research beyond looking for causes to looking for ways to counteract the changes brought on by stress. Dr. Anisman also holds a prestigious Canadian Research Chair in the Neurosciences.

Dr. Mark Bisby

Dr. Bisby holds a D. Phil. from Oxford University and is a past Vice-President (Research) of the Canadian Institutes of Health Research, past President of the Canadian Federation of Biological Societies and the Canadian Physiological Society. A professor, researcher and former Assistant Dean of Medical Sciences at the University of Calgary, Dr. Bisby was Head of the Department of Physiology at Queen's University before moving to the Medical Research Council of Canada. He has published more than 100 scientific articles in the area of neuroscience, most recently the inappropriate regenerative events that follow nerve injury which lead to chronic pain.

Dr. Glen Baker

Professor and Vice-Chair, Department of Psychiatry at the University of Alberta

Much of Dr. Baker's research has dealt with the metabolism and mechanisms of action of drugs used to treat psychiatric disorders, particularly depression, anxiety disorders and schizophrenia. He has also been involved extensively in the development of novel techniques for analysis of biogenic amines, amino acids, drugs and their metabolites. The research on antidepressants, amino acids and drug metabolism has resulted in the recent development of novel drugs which appear to be neuroprotective and have potential for treatment of stroke.

Dr. Kimberley Matheson

Dr. Matheson was appointed as Acting Vice-President (Research and International) on March 1, 2007. She joined the Department of Psychology at Carleton University in 1990 as a SSHRC Canada Research Fellow, and was promoted to Full Professor in 2003. She received her Ph.D. in 1988 from the University of Waterloo and is a Carleton alumna (B.A. Hons./82, M.A./83). She is an accomplished researcher and graduate supervisor, is widely published, with more than 100 conference presentations and refereed papers. Her research spans a wide range of issues in the social and health sciences, as well as public policy. She is one of the few researchers to have been funded by all three major funding agencies: Social Sciences and Humanities Research Council (SSHRC), Natural Sciences and Engineering Research Council (NSERC), and the Canadian Institutes of Health Research (CIHR).



Dr. Mona Nemer

Vice-President, Research at the University of Ottawa

Dr. Nemer earned her PhD in bio-organic chemistry from McGill University in 1982. In 1986, she joined the Université de Montréal as an assistant professor. She is presently Professor of Pharmacology at the Université de Montréal and adjunct professor of medicine at McGill University. She has also held teaching and research positions at the College de France and Columbia University, NY.

Dr. Anthony Phillips

Professor in the Department of Psychiatry at the University of British Columbia.

Dr. Phillips is widely recognized as one of Canada's pre-eminent neuroscientists in the area of mental health and addictions research. A psychopharmacologist by training, Dr. Phillips holds an appointment in the Department of Psychiatry, Faculty of Medicine at the University of British Columbia. He is Chairman of the Board of the CIHR Institute of Neuroscience, Mental Health and Addictions. In addition to a lifelong interest in brain research, Dr. Phillips has had a longstanding association with the development of biotechnology in Canada.

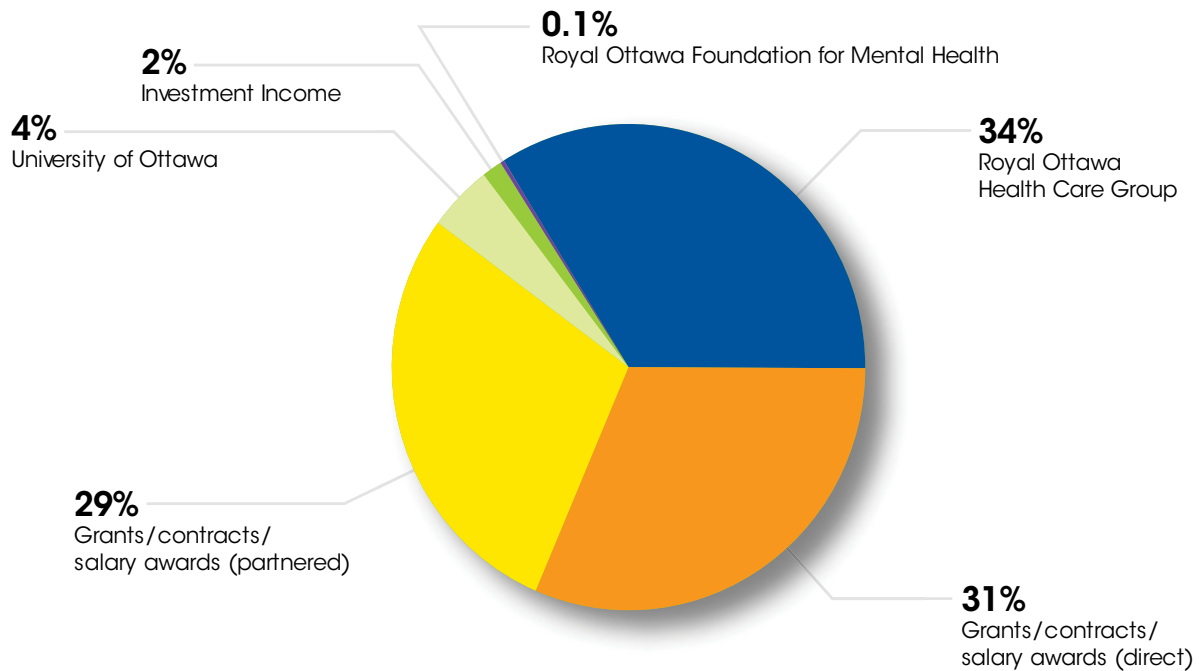
Dr. Rémi Quirion

Professor and Scientific Director at the Douglas Hospital Research Centre (a McGill affiliated teaching hospital) in Montreal, Quebec

Dr. Quirion has received the First Annual Award of National Mental Health Champion (Research) in addition to the titles of the Royal Society of Canada Fellow and the Chevalier de l'Ordre national du Québec. Under his leadership, the Douglas Hospital Research Centre has become a premier research facility in Canada in the fields of neurosciences and mental health. Dr. Quirion has promoted the development of clinical research in Neurology and Psychiatry as well as social and evaluation aspects of research in mental health and addiction.

Funding

Revenue Distribution (\$7 million)



Sources

- Astra Zeneca
- Canada Research Chairs
- Canadian Foundation for Innovation
- Canadian Institutes of Health Research
- Canadian Psychiatric Research Foundation
- Change Foundation
- CHEO-Provincial Centre of Excellence for Child and Youth Mental Health
- Heart and Stroke Foundation of Canada
- NARSAD - The Mental Health Research Association
- National Institute of Mental Health
- Natural Sciences and Engineering Research Council
- Ontario Mental Health Foundation
- Ontario Ministry of Research and Innovation
- Ontario Research Fund
- Organon Laboratories Ltd.
- The Royal Ottawa Health Care Group
- Royal Ottawa Foundation for Mental Health
- Sepracor Pharmaceuticals
- University Medical Research Fund
- Wyeth Pharma

To Support our Work

Volunteer for Research Studies

See the "Study Participation" section of our website at www.imhr.ca.

Donate:

If you're considering a charitable donation, consider this – mental illness is the second largest disease burden on the health care system worldwide while major depression alone is the leading cause of disability. Right now, right here in Eastern Ontario over 350,000 people and their families are struggling with some form of psychiatric disorder. When people have given up and all backs have been turned, we are there to offer specialized care, understanding and hope.

By making a gift to support our research you will be helping us to better understand the causes of mental illness, discover new treatments and improve the quality of care.

613-722-6521 ext. 6747 or www.youknowwhoiam.com



We are looking for leaders in the community like you to join Senators Captain Daniel Alfredsson in eliminating stigma and supporting mental health care and research. To learn how your business or family can get involved contact the Foundation office or log on to the campaign site.



Ottawa Senators Captain Daniel Alfredsson joins the Royal's Leaders for their second annual 'Captain's Breakfast' to generate support for mental health care and research.



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