

Leaders *for mental health breakfast*

A More *Hopeful* Future

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Why We Need Your Support

We are in the midst of a global mental health and substance use crisis, where young people are being disproportionately impacted at a critical time in their development. Many are losing hope, and some are losing their lives. Access to evidence-based care and optimal outcomes are limited, wait times are long, and services are siloed, causing people to fall through the cracks of our healthcare system. The outcome of this is clear and tragic.

Suicide—the ultimate consequence of lack of access to adequate care—is the second leading cause of death amongst young people aged 15 to 24.

Helping young people transition to the adult health care system.

Mental illness affects 7.5 million children and youth under 25 in Canada. Transitioning from pediatric to adult health care services can be challenging for young people and their families, with approximately 60 per cent of young people losing access to care. The Royal is recruiting a Clinical Research Chair in Transitional Age Youth and a full clinical research team to create a more integrated, accessible, responsive, and effective mental health system for young people—at The Royal, across Canada, and beyond.

The need for improved access to mental health has never been greater.

The Royal has designated a team to deliver the necessary training, mentorship and community partnership to strengthen eastern Ontario's ability to support individuals with concurrent disorders. The Integrated Mental & Substance Use Health Resource Team will build the capacity better to treat concurrent disorders across a network of providers. In addition, the team will develop a shared care model with community partners—bringing specialty care into community settings in partnership to maximize efficiency and impact locally, with provincial and national potential.

The need for The Royal is stronger than ever.

The Royal Ottawa Foundation for Mental Health raises funds to support the best possible client care and leading-edge research provided by The Royal Mental Health Centre, the Brockville Mental Health Centre, and the University of Ottawa's Institute of Mental Health Research at The Royal. As a lead uniter in the mental health system in eastern Ontario, The Royal combines the delivery of specialized mental health care, advocacy, research, and education, collaborating with community partners to transform the lives of people with complex and treatment-resistant mental illnesses. Our mandate is simple: to get more people living with mental illness and addiction into recovery faster.

Donations to the Leaders for Mental Health Breakfast will help get people the care they need when needed—lifting people out of depression or a substance use disorder and giving them the tools to live their best lives. Your support will create that pathway to a meaningful recovery for a person and their family.

Ready to join us? Register today: leadersformentalhealth.com