

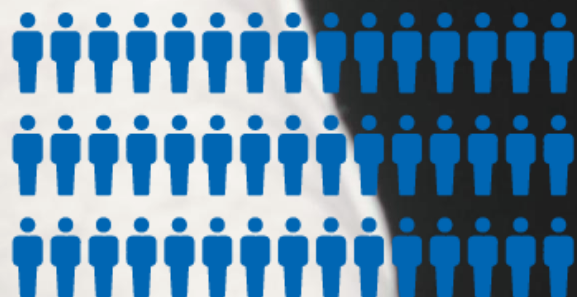
CLOSING THE MENTAL HEALTH GAP

Helping more people access better care



1 in 4

Canadians are living with a mental illness or substance use disorder.



← Of those, only 1 in 3 people will seek access to care.

← And of those, only 1 in 5 will have their needs fully met.

A close-up, low-angle shot of a woman with dark hair, her eyes closed, and a pained expression. She is leaning her head against a wall made of large, square, light-colored tiles. The lighting is warm and dim, creating a somber and intimate atmosphere. The background shows more of the tiled wall and a small, out-of-focus object, possibly a showerhead or a light fixture.

Only 1 in 15 people with mental illness or substance use disorders receive effective care.

Stigma, Underfunding, and Lack of Action

Mental health care in Ontario
is underfunded by
\$1.5 BILLION
annually.

It typically takes **17 YEARS**
for new mental health discoveries to be
adopted into clinical practice.

Only
12%

of mental health research funding is focused
on translating new discoveries into
treatments.

Mental illness changes who we are and who we are meant to be

12 PEOPLE 

DIE BY SUICIDE EVERY DAY IN CANADA and it's
the second leading cause of death for young people.



20 CANADIANS

DIE BY OVERDOSE EVERY DAY.

By 2030, depression will be the leading
cause of disease burden globally.

50%

of people with depression don't
respond to conventional treatments.

People with
serious mental
illnesses have a **10-20
YEAR** shorter life
expectancy.

In Ontario,
wait times
of **6 MONTHS TO
1 YEAR** are common for
specialized mental
health services.

**Post-traumatic
stress disorder
robbed Cory Taylor
of the career he
worked so hard to
establish.**



**Conventional
treatments for
depression did
not give Marion
the relief she
needed.**



The Royal

The Royal is a leading specialty care, research, and teaching hospital for people with mental illness and addiction.



Clinical Care

One of Canada's largest mental health hospitals, providing care for over 15,000 patients annually.



Research

Advancing how we diagnose, treat, and prevent mental illness with innovative research centres and state-of-the-art technology.



Education

Building the future of mental health care through training, knowledge translation, and health promotion.



Prioritizing Those Most In Need

- Youth and Young Adults
- Seniors
- Veterans
- Concurrent disorders
- Depression, anxiety & other mood disorders
- Trauma & stress related disorders
- Difficult-to-treat mental illness
- Severe and complex mental illness



Care at The Royal

15,000

patients served
yearly

15

specialized programs,
clinics, and services

197,543

outpatient visits by physicians and clinicians

437

inpatient
beds

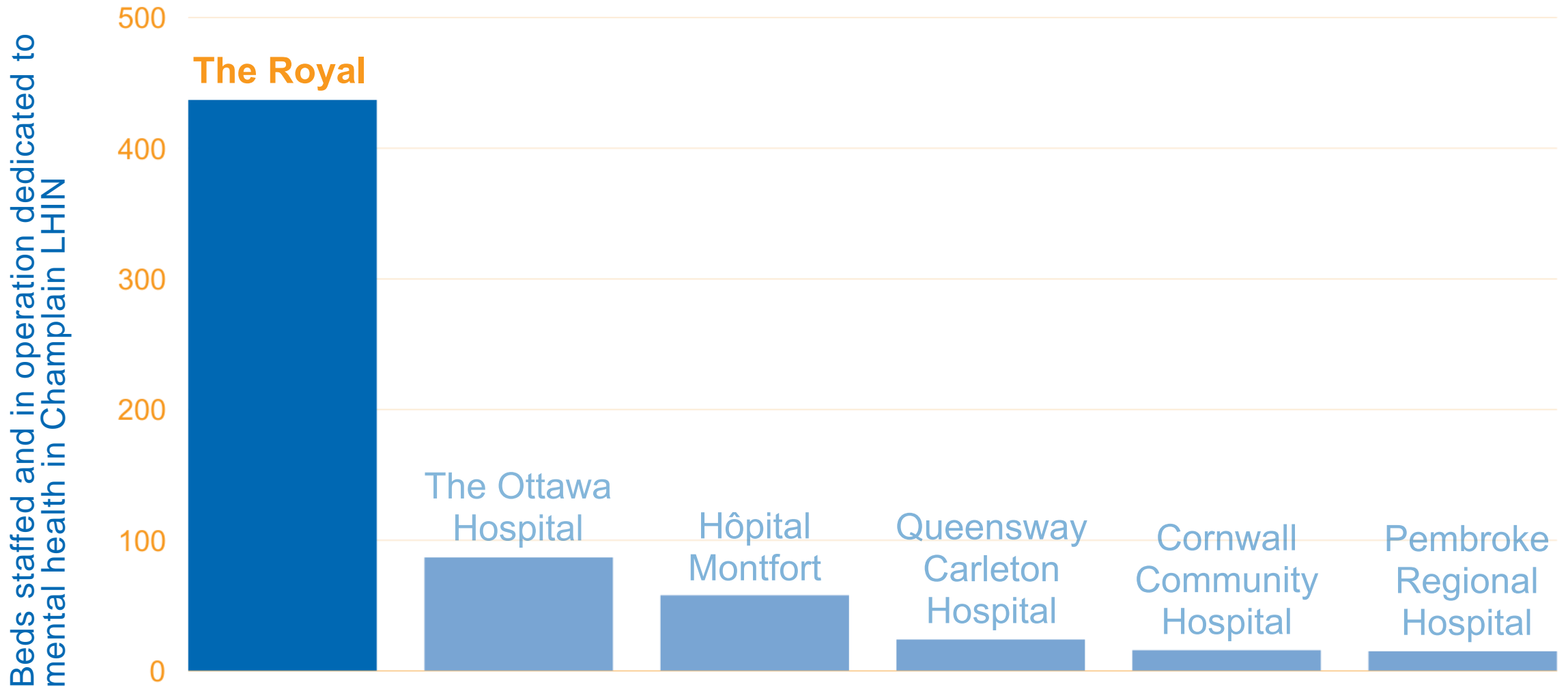
1,369

staff members

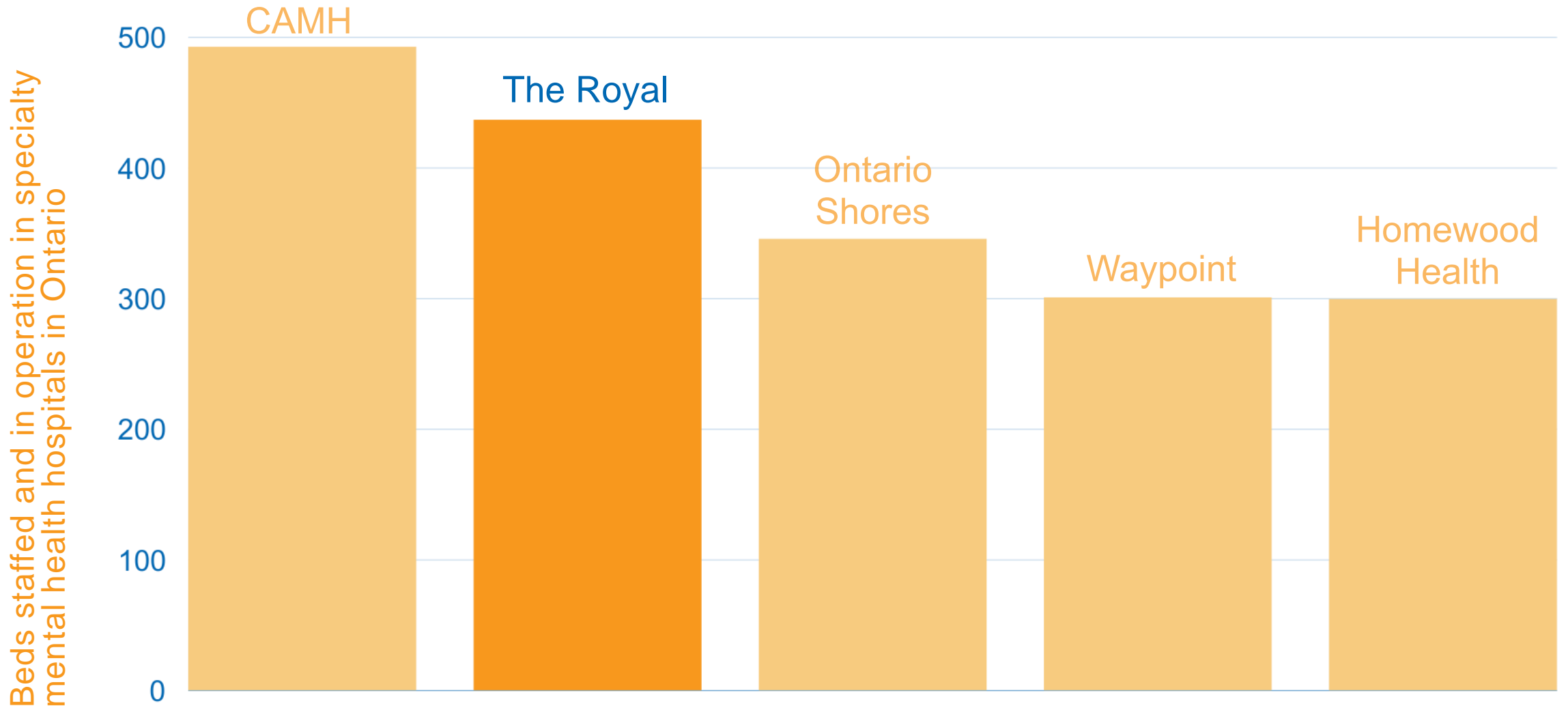
1,554

inpatient
admissions

A leader in dedicated beds for mental illness and addiction in Ottawa



A leader in beds for people with mental illness and addiction in Ontario





Research at The Royal

56

scientists and
clinical investigators

5,000+

brain scans completed
to date

19,968

participants in **166** active research studies

27,000+ sq ft

of dedicated research
space

86

trainees

Discovering What Is Possible: Our Research Centres



**Interventional
Psychiatry
Research Centre**



**David & Susan Rose
Neuromodulation
Research Centre**



**BMO Innovative
Centre for
Depression**



**Cognitive
Remediation
Research Centre**



**Brain Imaging
Centre**



**Clinical Sleep
Research Centre**



**Suicide Prevention
Research Centre**



**Music and Mental
Health Research
Centre**

Advancing Personalized and Effective Treatments

Key Areas of Research in Interventional Psychiatry



NEUROMODULATION



**COGNITIVE AND BEHAVIOUR
INTERVENTIONS**



**PHARMACOLOGICAL
INTERVENTIONS**




SOCIAL PRESCRIPTIONS



**BIOMARKERS AND PRECISION
DIAGNOSTICS**

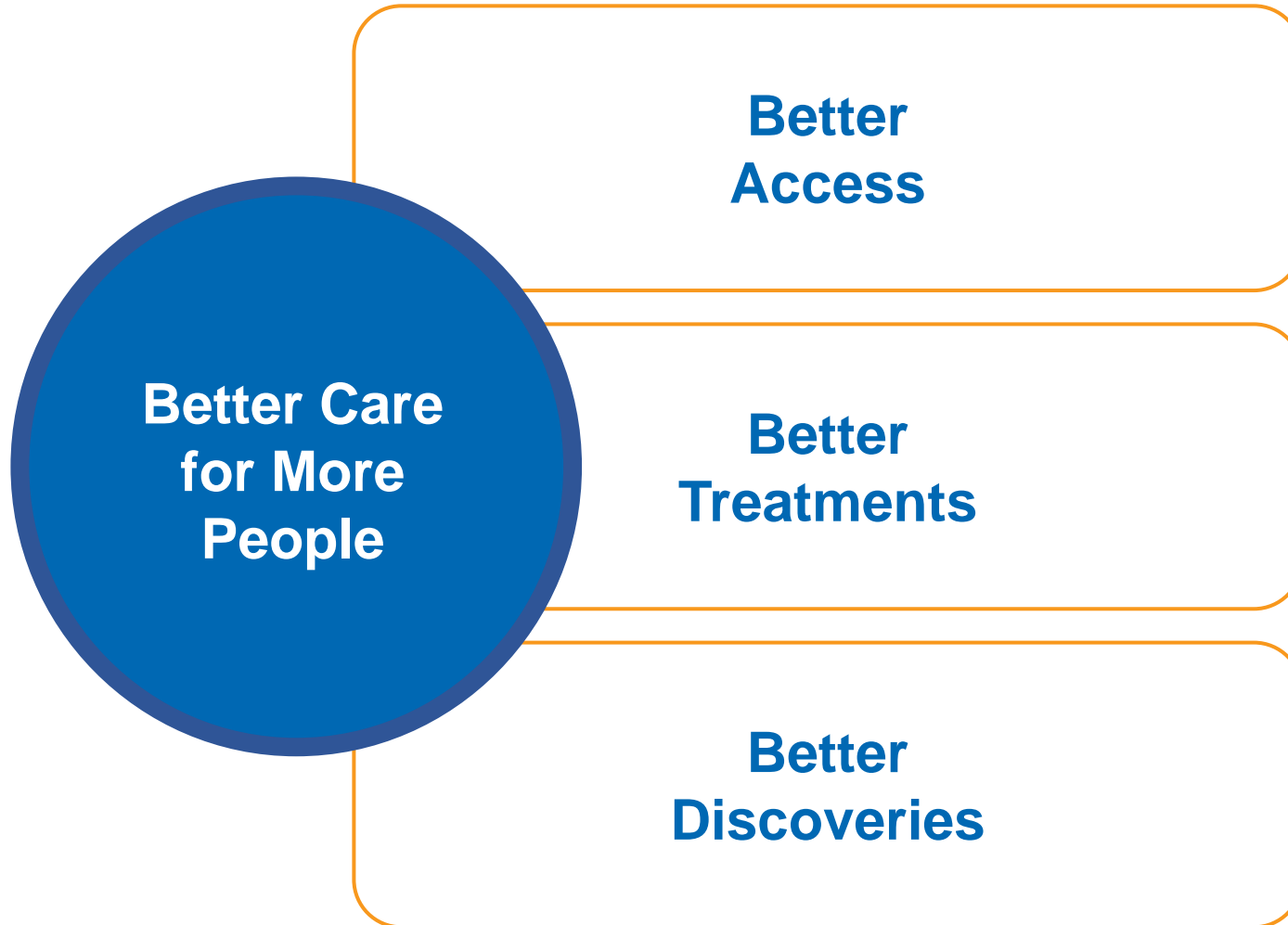
Closing Gaps in Mental Health Care



A woman with blonde hair, wearing a dark blue sleeveless top, is smiling and looking towards the camera. She is holding a baby wrapped in a light-colored blanket. The background is a cluttered room with a window on the left, a stack of white storage bins on the right, and a red shelf with various items. The lighting is soft and natural, coming from the window.

Better care for more people.

How The Royal is Closing the Mental Health Gap





The Royal is developing a system that ensures a full continuum of care, including:

- **Immediate access** to mental health and addictions urgent care services.
- **Robust data infrastructure and advanced technology** to drive enhancements in research and care.
- **Novel treatment, diagnostic, and prevention tools** integrated into the healthcare system.
- **A world-renowned training hub** to support a thriving community of highly trained experts.

Better Treatments



We are advancing high-impact research to make diagnostic, treatment, and prevention options for mental illness and addictions more precise and effective.

- Ketamine
- Neuromodulation
- Psilocybin
- Stellate ganglion block
- Cognitive remediation
- Music therapy
- Sleep interventions
- Suicide prevention

Better Discoveries

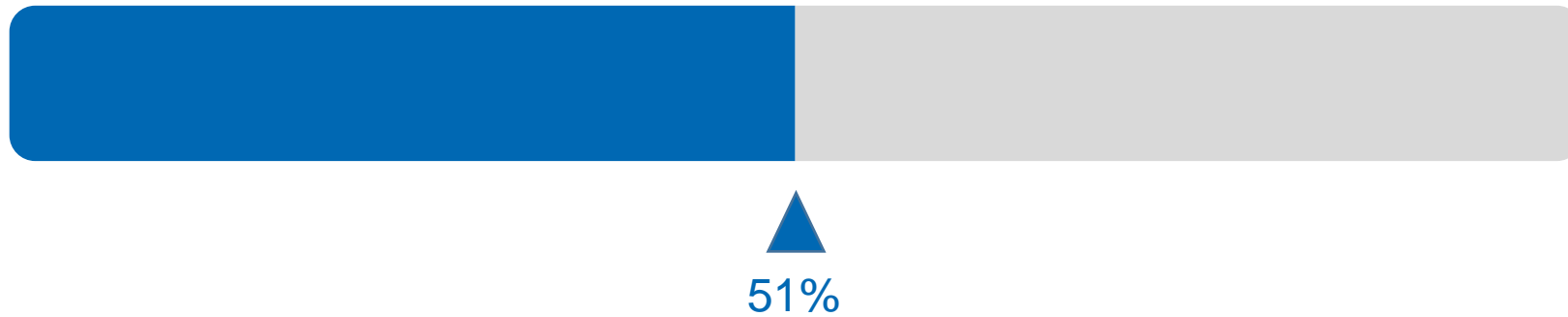


To accelerate the next generation of research and innovation, and to redefine clinical practice and precision care, we are concentrating on three foundational areas:

- **An incubator program** for early - and mid-career scientists.
- **Clinical research chairs** focused on high-priority populations.
- **Psychiatry fellowship training** programs in high-priority specialties.

Campaign Progress

\$25.5 million raised
of \$50 million goal



The Impact of Closing the Mental Health Gap

PEOPLE & FAMILIES

- More people will receive personalized care
- Faster access to urgent care
- Better resources and support programs

HEALTHCARE SYSTEM

- Reduced burden on hospitals
- Faster adoption of research discoveries
- Better training and support for healthcare workers
- A model for the future of mental health care

COMMUNITY

- More productive communities
- Reduced stigma around mental illness
- Communities that thrive as people become more engaged

“

**Coming to The
Royal allowed
me to reconnect
with the best
parts of who I
was before.**

Cory Taylor



Cory Taylor (left) with Dr. Rebecca Gomez (right).

“

**I never would
have imagined
that I could be
as well as I am
today.**

Marion Beckett



**More people deserve better care.
Help us close the mental health gap now.**

foundation@theroyal.ca | theroyal.ca

