

Information Booths

CAN-BIND Family and Friends Day: Brain Health and Wellness in Depression

Wednesday March 20th, 2019 - WE Global Learning Centre, Toronto

St. Michael's
Inspired Care.
Inspiring Science.

Centre for Depression and Suicide Studies

The Centre for Depression and Suicide Studies at St. Michael's Hospital is a clinical and academic program that aims to define the best treatment and care for people with depression, suicidal behaviour and related challenges through innovative research and knowledge translation. We focus on prevention and early intervention, identifying biological markers of risk and response, and ultimately strive to improve health policy and clinical practice. The Centre is home to the Arthur Sommer Rotenberg (ASR) Suicide & Depression Chair at St. Michael's Hospital and the University of Toronto (www.asrlife.ca). It is also the coordinating centre for the Canadian Biomarker Integration Network in Depression (CAN-BIND, www.canbind.ca), which is primarily sponsored by the Ontario Brain Institute (OBI).



**ONTARIO
BRAIN
INSTITUTE**

Ontario Brain Institute (OBI)

OBI is a provincially-funded, not-for-profit research centre maximizing the impact of neuroscience and establishing Ontario as a world leader in brain research, commercialization and care. OBI funds five province-wide research collaborations, called Integrated Discovery Programs, which unite researchers, clinicians, industry, and patient advocacy groups towards a shared goal of improving the lives of individuals with brain disorders. For more information about OBI initiatives, please visit www.braininstitute.ca and follow us on social media @OntarioBrain.



Hope and Me - Mood Disorders Association of Ontario (MDAO)

The Hope and Me - MDAO offers free support and recovery programs to people across Ontario living with depression, anxiety or bipolar disorder. We provide drop-in peer support groups, recovery programs, family and youth clinical support, early intervention for mood disorders and psychosis and online tools focused on wellness and recovery. For more information, visit us at www.mooddorders.ca/ or follow us on Twitter @mooddordersON.



Foster Lab - Microbes and Mood

The Foster lab investigates how the immune system and gut microbiota influence brain function and behaviour. We use molecular, behavioural, anatomical, and immunological approaches in the lab. In parallel, we collaborate with clinical groups and research programs such as CAN-BIND to examine the role of inflammatory and gut-brain mediators in psychiatric illness and mood disorders such as depression. Booth giveaways include 2 copies of "The Psychobiotic Revolution: Mood, Food, and the New Science of the Gut-Brain Connection" by Scott C. Anderson, John F. Cryan, Ted Dinan".



#BrainAwarenessWeek photo booth

Come visit our fun photo booth! Brain Awareness Week may have been last week, but our mission to improve brain health and keep the mental health conversation going never stops! We have props, a Polaroid camera and a life-size Snakes and Ladders inspired board game called Clinical Trials 101. Come and share a laugh with us and be sure to mention us in your social media tweets @CANBIND and #CANBINDFFD.



WE Well-being

WE Well-being is an initiative that empowers people of all ages with educational programs, resources, and opportunities to promote their own mental well-being and the well-being of others. Drawing on evidence-based mental health promotion and prevention strategies, WE Well-being supports the early development of positive mental well-being for individuals, families and communities through stigma-reduction and accessible and inclusive programs. We do not provide crisis support or treatment, however we partner strategically to increase awareness and access to mental health resources and intervention services.



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Young Adult
Mental Health

Stella's Place

Stella's Place was founded in 2013 by Donna Green, after struggling to find age-appropriate, engaging mental health support for her daughter. Stella's is the place for young adults (age 16-29) with mental health needs in the Greater Toronto Area. We provide comprehensive mental health services in a positive, peer engaging, non-residential community setting. Visit our website at www.stellasplace.ca. Follow us on Facebook (@StellasPlaceCanada), Twitter (@stellasplaceca), Instagram (stellasplace.ca) and LinkedIn (@Stella's Place). Visit our booth to learn more and pick up resources.



at Sunnybrook

Family Navigation Project

The Family Navigation Project (FNP) at Sunnybrook is a non-profit program designed to provide expert navigation of the mental health and addictions service system for youth aged 13-26 and their families, who are living in the Greater Toronto Area (GTA). Funded through philanthropy and built by families out of a need for a better and innovative model, FNP is a free service offered through phone and email that uses a combination of clinical and lived experience to support a relationship-based model of care. Operating since 2013, the FNP collaborates with families and their youth with mental health and/or addiction issues to understand their unique needs and match them with supports and services to enhance their health and family functioning. FNP's vision is that "no family feels lost in the mental health and addiction system".



Distress Centres of Greater Toronto

Since 1967, Distress Centres has provided 24-hour support, 7 days a week, 365 days a year to individuals in our community at risk and their most vulnerable. We are Canada's oldest volunteer delivered crisis, emotional support and suicide prevention + intervention + postvention service agency. Our crisis and emotional distress services are available via hotline, online chat, and text. We also offer face-to-face individual as well as group support and counselling to those who have lost a loved one to suicide or homicide and are navigating the aftermath. Distress Centres continues to expand, and our program participants & call volume increases each year.

Distress Centres now answers more than 82,000+ calls annually, and is a pilot site for the recently launched National Suicide Hotline (Canadian Suicide Prevention Service) via Crisis Service Canada.



Ontario Expressive Arts Therapy Association (OEATA)

OEATA's Mission is to develop, steward and promote the Expressive Arts Therapy profession and the interests of Expressive Arts Therapists. Expressive Arts Therapy is an arts-based approach to psychotherapy that engages and supports the client through a process of creative expression to help them reconnect with their inner resources. Expressive Arts Therapists offer interventions that integrate the use of visual arts, creative writing, drama, music, voice and movement as catalysts for personal inquiry, discovery and growth. Visit our booth to learn more and pick up an OEATA bookmark.



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