

The banner features a background of stylized, overlapping human profiles in various colors (blue, green, orange, pink, purple). On the left, the text '2022 Leaders for mental health breakfast' is displayed in a blue, sans-serif font. On the right, the logo for 'The iLe Royal' is shown, with 'The iLe' in a smaller font above 'Royal' in a larger, bold font. Below the logo, the text 'Mental Health - Care & Research' and 'Santé mentale - Soins et recherche' is written in a smaller font.

2022  
Leaders for  
mental health  
breakfast

The iLe  
**Royal**  
Mental Health - Care & Research  
Santé mentale - Soins et recherche

## Why You Should Support The Royal's 2022 Leaders for Mental Health Breakfast

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

For many people challenged by their mental health, a combination of therapy and medication is the most effective form of treatment. Many medications have proven to be helpful for millions of people. However, when traditional medications are not working for you or a loved one, it may be time to look at other options.

The brain is more complex than any other known structure in the universe. It defines our humanity. Yet we still know so little about it. Medication can be a blunt instrument. But brain imaging can help us determine precisely which areas of the brain are malfunctioning in a patient experiencing a particular mental illness, helping to guide medication selection. Scientists at The Royal are identifying the highly specific areas that respond to neuromodulation—actually rewiring the brain's circuitry using electrical, ultrasound or magnetic energy.

Hope starts with getting people the care they need when they need it. Lifting people out of the depths of depression or a substance use disorder and giving them the tools to live their best lives. Supporting a pathway to meaningful recovery for a person and their families. Offering new and novel treatments to mental health care.

### **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.

### **Expert help from The Royal and its affiliates**

If you are looking for mental health and wellness educational resources to help yourself or a loved one, please visit and bookmark [Mental Health Resources](#).