

camh

womenmind™

**Advancing Research
and Women in Science**

Impact Report

2024



A Note From Dr. Liisa Galea

Dear *womenmind*™ community,

I want to begin by saying thank you. Because of you, we are revolutionizing the way we think of the mental health of women, girls and gender-diverse people.

When *womenmind* was established in 2020, CAMH embarked on a journey to redefine the way society understands mental illness. Until now, the majority of research has focused on one demographic, creating major disparities among people of a different sex, gender and orientation or racial cultural background. This lack of understanding of mental illness among diverse groups has cost lives and created needless suffering and is exactly why investing in research is imperative. Research—and the answers it provides—serves as our north star. It allows us to understand how sex and gender plays a role in mental health, and changes the way we understand, diagnose and treat mental illness—paving the way for a future where personalized medicine includes a thorough attention to sex, gender and women’s health variables.

Since launching *womenmind*, we have learned that to truly address the challenges and needs of women and girls, we cannot do it alone. Women’s mental health research is plagued by systemic barriers that need systemic change. By creating awareness, advocating at all levels of government, collaborating with key decision makers and working closely with clinicians, researchers and people with lived experience, *womenmind* is creating the change needed to allow women’s mental health research to thrive. Without *womenmind*’s community—without you—change would not be possible.

For centuries, women’s health research has been undervalued, underfunded and understudied. Now more than ever, when across the world, women’s rights are being clawed back, we need the attention and commitment that *womenmind*’s initiatives bring to empower researchers and health care practitioners to advance knowledge on women’s mental health. *womenmind* is leading the charge through its mission of building a community around mental health where awareness and engagement in research centred on women and gender diverse health are top priorities. We continue to build on our work through our alliance with the Women’s Health Research Cluster, the *womenmind* conference and funding groundbreaking science, where we have been able to shine a light on populations left behind and fund the unique mental health needs of women, girls and gender-diverse people globally.

Every dollar you have invested in *womenmind* has the potential to have a threefold economic return. That is powerful. Your commitment and generosity are making real change and we at CAMH could not be more grateful to have a community support us the way you do. Because of you, we get to build a future where no one is left behind.

On behalf of the *womenmind* team, thank you. Your passion for this work is creating powerful change for women, girls and gender-diverse people everywhere. Together we can redefine the meaning of mental health and change the future of women’s mental health care forever.

Sincerely,



Dr. Liisa Galea
Senior Scientist, CAMH
Scientific Lead, *womenmind*
Treliving Family Chair in Women’s Mental Health, CAMH



Capacity Building at CAMH

Research is reliant on funding in order to be conceptualized and completed. Unfortunately, women’s mental health continues to be underfunded and as a result, under-researched. Through the investment in *womenmind*, we are valuing and spotlighting the importance of women’s mental health.

womenmind supports the advancement of research and women scientists across CAMH, creating a focus on women’s mental health in many different departments and specialties. As we embark on the fifth year of *womenmind*, we analyzed our overall impact at CAMH, which includes looking at the drastic increase in overall grant applications for women’s mental health through *womenmind*’s grant offerings. This increase signals a shift in how this work is valued at CAMH. When our investment in *womenmind* builds a community of researchers committed to answering questions on how we can provide tailored personalized answers for our mental health based on sex, gender and female-specific information.

From 2019 to 2023, there has been a

140% INCREASE in grant applications for research on women, girls, sex and gender at CAMH.

Since 2021, *womenmind* has funded 40% of all successful CAMH research grants that are focused on women, sex and gender.

We know that the existence and advocacy of *womenmind* and commitment from CAMH has put women’s mental health research on the map worldwide. When we value women’s mental health research and researchers, we signal to the world that this is an area of focus that is valued and crucial to improving mental health for all, regardless of our sex or gender.

In 2023-24 alone, \$6.3M in external research grants and collaborations were awarded to scientists at CAMH, as a direct result of *womenmind* initiatives. This led to 40 peer-reviewed publications and over 35 academic presentations in 2023-24 from *womenmind* funded projects and scientists, lending knowledge to the international research community to build upon our knowledge of the mental health of women and girls. Thus far, the return on investment for the \$10M commitment to *womenmind* has nearly doubled at approximately \$18M in new research funding at CAMH in women’s mental health in four short years.

womenmind 2023-24 By the Numbers



42

women scientists at CAMH joined the the first two cohorts (2023 and/or 2024) of the *womenmind* Mentorship Program

“Women” refers to a broad gender categorization that does not necessarily relate to one’s sex recorded at birth. We use the term for anyone who self-identifies as such, regardless of gender expression or gender identity.

Women's Health Research Cluster x CAMH *womenmind* Alliance

In 2024, *womenmind* formed a critical alliance with the Women's Health Research Cluster (WHRC or the Cluster) to coordinate efforts to advance research in women's health.

Founded by Dr. Galea in 2018, the Cluster aims to help women, girls and gender-diverse people worldwide through research facilitation, capacity development, knowledge translation and advocacy. It brings together a critical global network of approximately 650 researchers, health care practitioners and community members across 32 countries who are all interested in women's health research. Stay tuned for more information on the Cluster's powerful knowledge translation initiatives, including their successful blog, [Women's Health Interrupted Podcast](#) and their YouTube channel that provides scientific content on the health of girls, women and gender-diverse people



In forging this alliance, we hope to reduce the lengthy wait times women endure before receiving accurate diagnoses for their mental health challenges, while simultaneously elevating the standard of care they receive by advancing precision medicine.

Katherine Moore

Director of Strategy and Operations, Women's Health Research Cluster

Thanks to the support from Manulife, the WHRC in partnership with *womenmind* will be empowered to take a significant step forward to drive systemic change, foster more partnerships in Canada and internationally, and to facilitate new research that addresses the unique needs of women's physical and mental health.



Congratulations, Dr. Daisy Singla! Outstanding Early Career Achievement Award

We would like to congratulate Dr. Daisy Singla, who was awarded the 2023 Society for Psychotherapy Research Outstanding Early Career Achievement Award. This Achievement Award reflects the significance of Dr. Singla's contributions and productivity, as well as promise in making scientific contributions to psychotherapy research.

Dr. Singla is tireless in her pursuit to improve access to mental health care. Her leadership of the SUMMIT Trial has led to numerous milestones over the past year. Recruitment for SUMMIT was completed in October 2023, surpassing their recruitment goal with a total of 1,230 participants enrolled across sites. Data results were unveiled internally and the primary outcomes manuscript is currently under review by the *New England Journal of Medicine*. Currently, SUMMIT continues to conduct home visits with over 550 visits completed across sites. With the achievement of major milestones, SUMMIT is transitioning into the next phase of the trial, focusing on dissemination of the primary results and is seeking funding to support a digital training and supervision model to scale access to treatments across the province. These results are anticipated to be announced in October 2024!

The [SUMMIT Behavioural Activation Manual for Perinatal Depression and Anxiety](#) and the Activity Booklet are now published. It is a detailed guide on delivering a brief psychotherapy to pregnant and postpartum populations with depressive and anxiety symptoms, created for use by a diverse health care workforce, from front-line workers to specialist providers.



We are not currently optimizing the human resources in our health care system. If we can show that non-specialists are as effective as specialists to deliver effective treatments, the implications go beyond perinatal mental health to revolutionize how mental health care is delivered across Canada. It means that we could offer a stepped care model with reduced wait times and patient-centred care. It would allow us to broaden access to effective treatments by relying beyond a small cadre of specialized treatment providers.

Dr. Daisy Singla

*Senior Scientist, Institute for Mental Health Policy Research, CAMH
Inaugural *womenmind* Independent Scientist*

womenmind Funding Awards

In Canada alone, less than 10 per cent of Canadian Institutes of Health Research (CIHR)-funded research goes towards women’s health or with a focus on sex and gender outcomes. In our first three years, womenmind funded 18 new research projects centred on women’s mental health that would not have been initiated without womenmind funding opportunities.

The return on investment is incredible, and we know that our investment in women’s health research will result in positive outcomes for women and girls globally. CAMH’s ongoing commitment to closing the gender gap by prioritizing and promoting this research will lead to increased prevention, diagnosis and precision treatment for women and girls affected by or at risk of mental illness and addictions.

womenmind Seed Awardees

In 2023, we were thrilled to award Seed Grants to three new scientists in support of innovative research projects focused on women’s mental health. At CAMH, womenmind’s Seed Funding Grants support research across all scientific specialties and disciplines, with a goal to help launch collaborative projects focused on important and under-researched areas of women’s mental health.

We look forward to sharing news of the 2024 awardees later this year.

Dr. Vanessa Gonçalves

Unraveling the role of maternally inherited mitochondrial DNA variants in women with anorexia and bulimia nervosa

Dr. Mahavir Agarwal

Effects of antipsychotics on brain insulin action in females: A randomized placebo-controlled, crossover multi-modal neuroimaging study

Dr. Meaghen Quinlan-Davidson

An intersectional lens to Youth Wellness Hubs Ontario: Learning with girls, women and gender-diverse youth



Updates from Previous Seed Awardees

“ *In our womenmind-funded project, we’re focused on how elevated Monoamine oxidase A, also known as MAO-A (as observed in postpartum depression) increases behavioural emotionality in mice and alters cellular bioenergetics. We are exploring whether the rodent model mimics human antidepressant-resistance. Our team was proud to present this work at a symposium at the Society for Biological Psychiatry meeting in Austin, Texas in May 2024.*
Dr. Etienne Sibille, 2022 Awardee

“ *Women have a harder time quitting smoking relative to men, yet most smoking cessation programs are gender-neutral and do not often address women-specific barriers to quitting. We have developed a smoking cessation app tailored specifically to meet the needs of women in collaboration with tobacco addiction specialists, sex and gender scientists and software engineers alongside women with lived experience of smoking. We have achieved over 50 per cent of our recruitment goal and aim to provide quantitative and qualitative feedback on the acceptability of delivering tailored smoking cessation support via a smartphone app.*
Dr. Osnat Melamed, 2022 Awardee

“ *Sexual and reproductive health is not adequately addressed for youth with psychosis in current practice. In a collaborative process with sexual health and mental health clinicians and youth with lived experience of psychosis, we co-developed an interactive sexual and reproductive health module for women, transgender and non-binary youth with early psychosis. In the next phase of the project, we will pilot the module in the Slaight Centre Early Intervention Service at CAMH.*
Drs. Juveria Zaheer, Lucy Baker and Hannah Kearney, 2022 Awardees

“ *A focus on gender-specific priorities is limited in the existing literature, yet essential to developing and implementing effective strategies to reduce stressors and improve mental health of medical students. Using a health equity and gender-focused lens, our womenmind-funded research will provide evidence-based recommendations to inform clinical programming and education system supports that can be acted upon by health system and university administrators, as well as by student-led organizations and students themselves.*
Dr. Christine Wickens, 2022 Awardee



womenmind seed funding has supported my research in a number of ways. Firstly, it has funded a research question that might otherwise not be examined with traditional funding mechanisms. This award will help us to understand a long-neglected area of medicine, and could lead to safer and more effective benzodiazepine tapers while reducing the prevalence of long-term use. Secondly, it has allowed me to gain experience as an early-career principal investigator.

Dr. Nikki Bozinoff
2021 Seed Fund Awardee

2023 Postdoctoral Fellowship

womenmind provides support for postdoctoral fellows pursuing research to better understand, prevent and treat mental illnesses, with a focus on women's mental health.

We are excited to announce that we've secured funding for the next generation of scientists to gain experience in women's mental health. We look forward to sharing news of the 2024 awardees later this year.

womenmind 2023 Fellowship Awardees

Dr. Anna Pees

Positron emission tomography (PET) imaging of sex differences in the endocannabinoid pathway using preclinical models of Alzheimer's disease

Supervisor: Dr. Neil Vasdev

Dr. Nicolette Stogios

Effects of antipsychotics on brain insulin action in women: a randomised placebo-controlled, crossover multi-modal neuroimaging study

Supervisor: Dr. Mahavir Agarwal

**Two more fellowships were awarded and accepted as top-ups due to the Awardees' success in other competitions!*



I want to express my gratitude to the *womenmind* program. Being a part of it has undoubtedly contributed to my professional development and has played a role in securing my first position as an Associate Professor at the University of Saskatchewan! I am thankful for the support and opportunities *womenmind* has provided along the way.

Dr. Ana-Paula Silva,

2022 recipient of the womenmind Postdoctoral Fellowship Award

Updates from the 2022 Postdoc Fellowship Awardees



This award was super productive for me. I got my first grant recently, which is a direct follow-up to my main *womenmind* project. I'm very grateful!

Justin Matheson,

2022 recipient of the womenmind Postdoctoral Fellowship Award

womenmind-Funded PhD Trainees

Congratulations to Bonnie Lee and Romina Garcia de Leon, the first *womenmind*-funded PhD trainees! Working in the Galea Lab, their research focuses on critical work in women's mental health.



Bonnie Lee, PhD Candidate:

The impacts of parity and APOEε4 genotype on the aging brain

Bonnie's project is focused on understanding how previous parity (pregnancy and motherhood) may have long-lasting effects on biomarkers of brain health at middle age, specifically Alzheimer's disease risk. Her research indicates that parity has differential effects on cognition and neuroplasticity depending on disease risk.

This work underscores the importance of considering female-specific factors in aging and Alzheimer's disease research and therapeutic interventions. As the Trainee Co-Lead and Events and Communications Coordinator at the Women's Health Research Cluster, Bonnie was thrilled to see the new alliance cross pollinating ideas and collaborating to advance women's health, globally.



Romina Garcia de Leon, PhD Student:

The effects of an IL-1R antagonist in a rodent model of postpartum depression and offspring stress resiliency

The main objective of Romina's project is to examine whether manipulating immune signaling in an animal of postpartum depression (PPD) improves antidepressant efficacy. This study observes how PPD and treatments impact offspring stress resiliency.

Romina is active in the women, sex and gender space. She is a Blog coordinator at the Women's Health Research Cluster and Trainee Lead of the CIHR Institute for Gender Health (IGH) at the University of Toronto Chapter to advocate for sex and gender research.



womenmind has provided me with so many important development opportunities being part of this community. It was a true honour to be part of the working group for the 2024 *womenmind* conference to take a leadership role in the trainee component of the conference. It was inspiring to see all the hard work come together and witness all the great conversations and relationships built across the two days.

Bonnie Lee

PhD Candidate



Congratulations to Romina for being awarded CIHR Doctoral Research Award: Canada Graduate Scholarship for 2023-24! This award supports her research with \$105,000 provided over three years.

Advancing Women in Science Leadership Fund Award

Women remain under-represented in leadership positions in the sciences and progress in closing the gender gap is slow. This disparity is greater for people with intersecting identities, such as sexual orientation, gender identity, race, ethnicity, Indigeneity, disability and socio-economic disadvantage.

New research indicates that there is an unequal distribution of academic service. Women, willingly or unwillingly, end up conducting the bulk of academic service yet receive little reward for their contributions. Much of the relational work lying behind the gendered distribution of service activities is also invisible. Many factors often lead women to be adversely and differentially affected by gender biases and imbalances in recruitment activities and start-up packages and salaries, affecting career progression, productivity and ability to attain leadership positions.

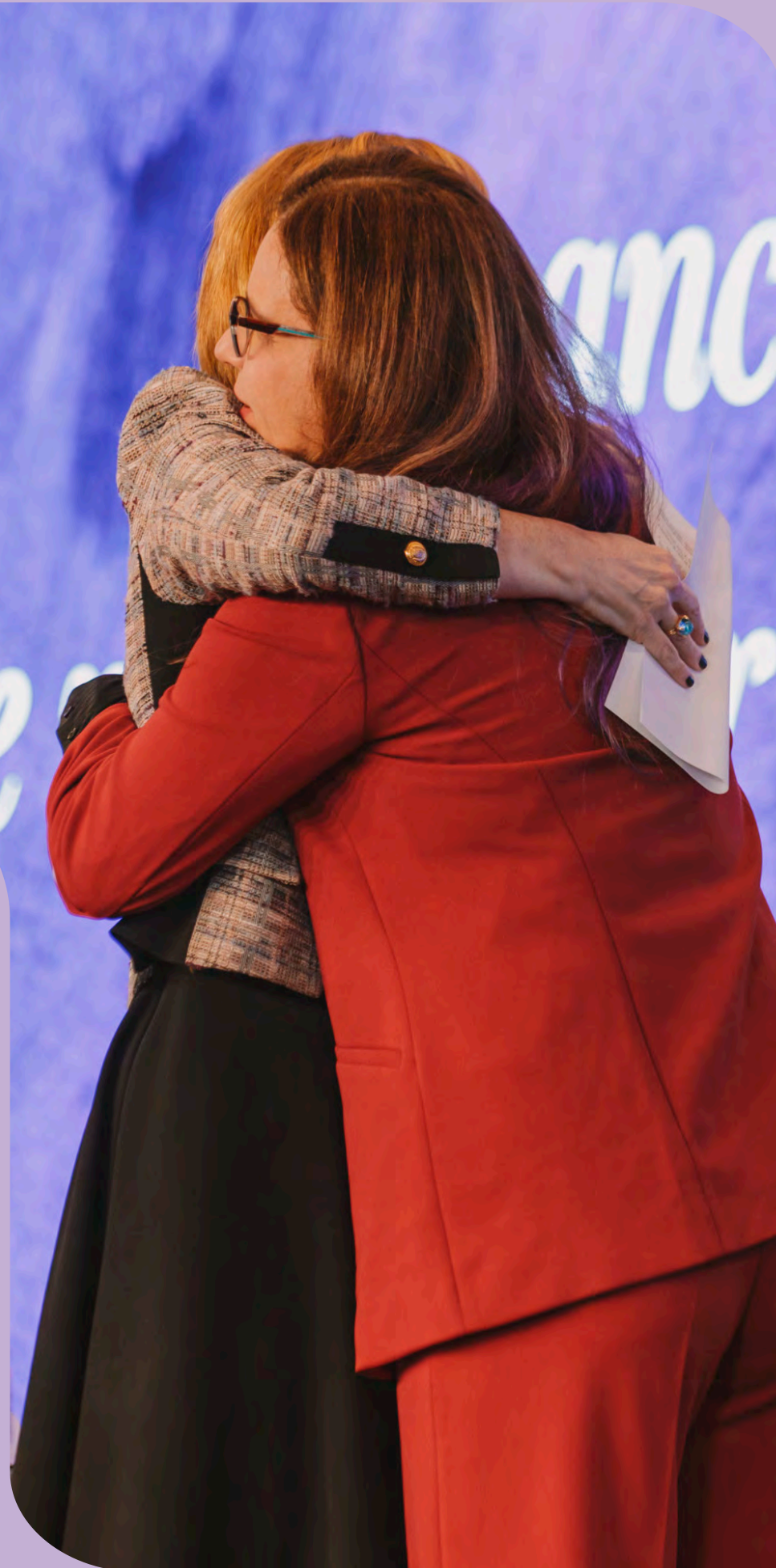
Here is what *womenmind* is doing at CAMH to support women individually and collectively to break these cycles and provide support for development goals:

Leadership Fund Award

Training opportunities are one important means by which women can be supported in breaking down these gender gaps. *womenmind* is committed to being part of the solution by funding leadership training for women.

The *womenmind* Leadership Fund supports women developing leadership skills by covering the costs of high quality education and training programs. The recipients show strong leadership and resilience through their diverse journeys at CAMH and act as strong leaders and role models for women in science.

We look forward to sharing updates from the 2024 awardees later this year. Congratulations to Drs. Gwyneth Zai and Erica Vieira!



I would like to sincerely thank the *womenmind* community for sponsoring my participation in the Stanford High-Potential Women Leaders Program in February 2024. This leadership program was extremely informative and helpful. The statistics and facts that were presented during this program reinforced the significance and impact of female leaders in our society. The skills and techniques that I have learned include the creative use of storytelling to emphasize facts and statistics, and the flexible approach of using “power up” and “power down” for different purposes. The practical components including role playing were extremely useful to utilize these skills and techniques. This program was important to me given that I have now gained a community of female leaders in various fields, providing me with confidence and support through my journey to become an effective and successful leader.

Dr. Gwyneth Zai
Clinician Scientist, CAMH



Being an immigrant in the field of neuroimmunology and molecular sciences in Canada has provided me with unique perspectives and opportunities for growth. Facing the challenges of a new country required strength, resilience and adaptability. Last year, I was awarded the *Womenmind* Leadership Award for taking the Laboratory Leadership Course for Group Leaders in Germany, where I learned essential skills for managing and leading a research team effectively. The course emphasized strategic planning, conflict resolution and promoting a collaborative laboratory environment. These skills are crucial for ensuring productive and innovative research while maintaining a positive and efficient lab culture. This training was particularly important to me as an immigrant woman, enhancing my ability to guide my team toward achieving our scientific goals, essential in the ever-evolving field of molecular science. This experience underscored the importance of diversity in driving innovation and advancing scientific discoveries.

Dr. Erica Vieira
Scientist, CAMH

womenmind Mentorship Program

Launching a new, formal mentorship program for women in research at CAMH has been incredibly rewarding for the *womenmind* team. With such diversity among scientists, as individuals and researchers, a collaborative approach to development and implementation has been critical. The team co-designed a new and innovative program for CAMH early, mid and senior career women scientists. This program provides support to contribute to the reduction of gender gaps in the sciences over the longterm, including gaps in compensation, senior leadership positions and awards.

The program centres on a hub model of mentorship, providing the opportunity for women scientists to benefit from the combined experience of their peers through mutual mentorship and increasing opportunities to network and gain diverse perspectives regarding career and leadership development. The hubs provide diverse forms of mentorship to address the unique experiences and questions faced by women in science.

We are pleased to provide updates on the first full year of the mentorship program, and some insights into the second cohort which started in January 2024.

Year 1: January 2023 – December 2023



40% of the women scientists joined the first cohort



Gained **4** interdisciplinary hubs with scientists at different career stages



Held **4** extracurricular learning events, with internal and external speakers invited to address topics identified by the scientists as important areas for learning, as follows:

- Coaching on women in leadership
- Leveraging entrepreneurial skills to improve scientific and career reach
- The art of purposeful self-promotion
- The path forward for evaluation and promotion for scientists at CAMH



Initiated media training – to be continued in 2024



Initiated the formal program evaluation to improve impact and sustainability for the program – results anticipated in summer 2024

Year 2: Early successes from January – March 2024



24 scientists participating in the mentorship program



50% of the second cohort were returning from 2023 – indicating the program provided value to the participants



There are **3** Hubs of **8** people



Cumulatively, over **50%** of women scientists at CAMH have participated in the first **2** years



Planning underway for the 2024 extracurricular opportunities, with the first event topic being “Negotiation” – a very important and requested topic from the scientists



International Women's Day Celebration

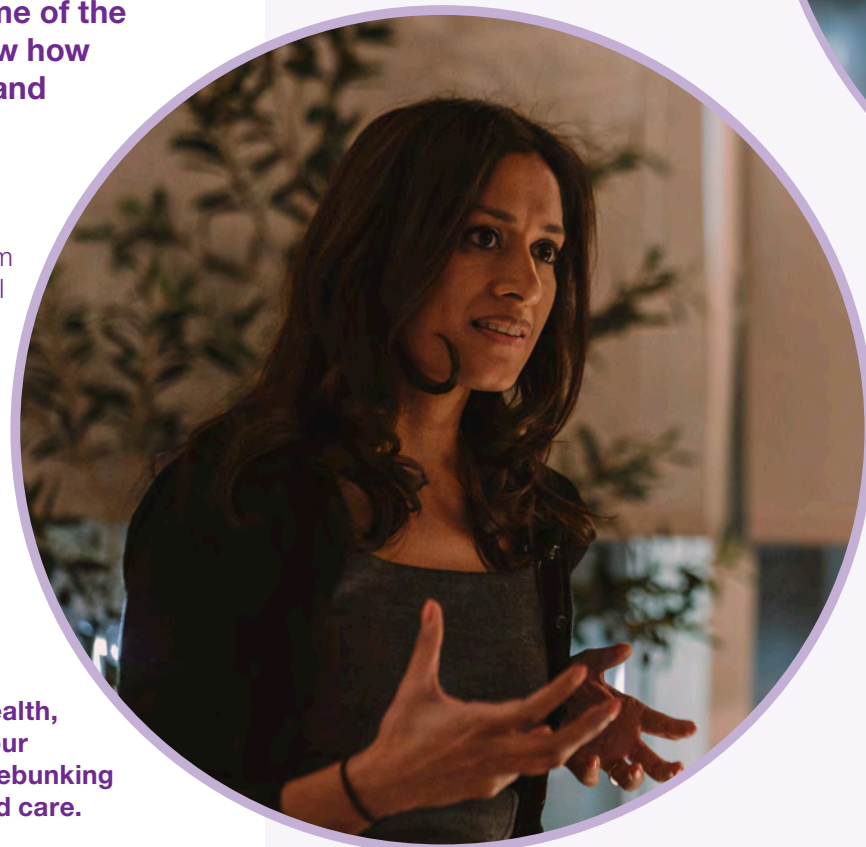
CAMH Foundation celebrated International Women's Day 2024 with *womenmind* as we debunked some of the biggest myths in women's mental health to show how our community is fueling evidence-based care and improving outcomes for women everywhere.

Our panelists included Dr. Liisa Galea, the Treliving Family Chair for Women's Mental Health, Dr. Daisy Singla, CAMH's first *womenmind*-supported scientist; Shakirat Simms, a Nurse Team Lead at CAMH's Concurrent Outpatient Medical & Psychosocial Addiction Support Services (COMPASS); and Faith Rockburne, a lived experience advisor at CAMH's Trauma-Informed De-Escalation Education for Safety and Self-Protection Program and Simulation Centre. The event was moderated by CAMH Foundation's Chief Philanthropy Officer, Anne-Marie Newton.

Among the debunked myths, the panel discussed topics including mental health research studied on men being applied to women, the connection between a woman's mental health and physical health and women being branded difficult when advocating for their own care.

We are often provided misinformation about women's health, but by growing comfortable in sharing and speaking to our experiences, we are closer to breaking the stigma and debunking myths about women's mental health through science and care.

Thank you to our esteemed panel for sharing their thoughts in such an incredibly important conversation!



Inaugural *womenmind* Conference

Advancing Research in Women's Mental Health

The inaugural CAMH *womenmind* conference was a groundbreaking event dedicated to advancing research on the mental health of women, girls and gender-diverse people. From April 17 to 18, 2024, the academic gathering in Toronto explored the unique biological and social factors influencing mental health from puberty through menopause, with a focus on fostering a healthier society through improved understanding and treatment strategies.

The sold-out conference was more successful than we could have imagined. It had an impressive turnout, with participants engaging both in-person and virtually. The diverse background of attendees facilitated rich discussions and laid the groundwork for future collaborations, underscoring the event's impact in nurturing a robust network of stakeholders committed to advancing women's mental health research.

The speakers covered a range of vital topics, including but not limited to the contribution of transitions on mental health (puberty, menstrual cycles, perimenopause), how hormonal contraceptive use impacts mental health and how harnessing big data and understanding gender and sexual diverse health can lead to better mental health for all.

The CAMH *womenmind* conference also catered to the professional development needs of attendees, offering 15.5 hours of credits accredited by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada. This added value further underscored the conference's commitment to advancing knowledge and expertise in the field.

“The *womenmind* Conference was an enriching experience, where I had the opportunity to connect with fellow researchers and clinicians who share a passion for advancing women's mental health, including perinatal mental health. The collaborative atmosphere and thoughtful planning by the team fostered many meaningful discussions and opened doors for future collaborations that have the potential to make a lasting impact in this field!

Dr. Simone Vigod

Professor and Vice-Chair Clinical Innovation, Department of Psychiatry, University of Toronto



456 PARTICIPANTS



30 INTERNATIONAL SPEAKERS



7 EARLY CAREER AWARDS



47 POSTER PRESENTATIONS

Thank you to the Women's Health Research Cluster for highlighting the conference on their website through a blog post written by *womenmind* PhD student, Romina Garcia de Leon and CAMH Postdoctoral fellow, Laura Gravelins.



What do we know about how hormonal cycles impact mental health?

For some time now, we have understood that hormones impact mood. As Dr. Benicio De Frey and Dr. Marija Kundakovic both stated in their talks, it is times of hormonal fluctuations that increase the risk for mood disorders. Premenstrual dysphoric disorder (PMDD) appears to affect five to eight per cent of individuals who menstruate. It is often difficult to diagnose as it shares similar symptoms to depression, PMS and bipolar disorder, which often leads to incorrect or delayed treatments. Dr. Frey's team created the "McMaster Premenstrual and Mood Symptom Scale (MAC-PMSS)" to track symptoms across the menstrual cycle, allowing individuals suffering from symptoms of PMS or PMDD to take control of their health and bring this data directly to their health care providers.

Do we know how sexual orientation plays into mental health?

Structural stigma and discrimination are associated with adverse mental health outcomes. Dr. Robert Paul Juster's talk revealed that structural stigma can directly impact an individual's physiology. Dr. Juster's research considered whether stress and sex hormones varied depending on sexual orientation, finding that queer women had higher levels of testosterone, progesterone and cortisol reactivity compared to heterosexual women. Another study investigated daily morning cortisol levels of queer women versus heterosexual individuals and found that differences in cortisol levels only became apparent when the data were separated by those who had come out, as those who had not showed higher levels of diurnal cortisol. Understanding how stress and biomarkers of stress differ by sexual orientation and individual experiences brings us closer to achieving precision medicine.



How does menopause affect the aging brain?

Menopause involves a steep depletion of circulating sex hormones, with implications for profound changes in the brain, as several speakers discussed. Dr. Natasha Rajah talked about her team's contributions to the Brain Health at Midlife and Menopause Study (BHMM) in order to diversify the cognitive neuroscience of aging research, recognizing that much of our aging research comes from highly educated white individuals, and to investigate how menopause status affects memory and memory-related brain activity. Her research found that lower spatial context memory and decreased activity were associated with postmenopausal status and advanced age, suggesting that menopause amplifies the effects of chronological aging. Studying female-specific experiences such as menopause can reveal differences in the aging trajectory and implications for disease risk.



Looking ahead, the impact of the CAMH *womenmind* conference extends far beyond its duration. By spotlighting the underfunded, undervalued and understudied aspects of women's mental health, this initiative serves as a catalyst for transformative change. It encourages continued collaboration, knowledge sharing and advocacy efforts, ultimately aiming to improve care and outcomes for a significant portion of the global population. In harnessing the power of research, networks and collective action, the conference heralds a brighter future for women's mental health worldwide.

Thank you

On behalf of CAMH, I want to thank you for your part in building this community. Because of your commitment to advancing women in science and to recognizing the unique experiences women face, we can look forward to seeing another year of *womenmind*'s progress and successes.

The lack of research on the mental health of women and girls is a systemic issue that requires building capacity and value to tackle the issues in a meaningful way. It will take a seismic change to increase funding and talent with a focus on women, girls and gender-diverse individuals to improve mental health for all.

I've seen how philanthropy enables CAMH to rise to the challenges of today and find answers that fuel progress tomorrow. And I am proud to say that *womenmind* has worked very hard to fund many impactful projects in the past three years, thanks to your support. It is a testament to our strength and determination to change the systems that have been a disservice to women and women's mental health for many years.

I am so grateful for your commitment to *womenmind* as well as your generous support towards tackling gender disparities, putting the unique needs and experiences of women at the forefront of mental health research. Thank you for helping us change the future of women's mental health care forever.

Thank you.

Sincerely,



Deborah Gillis

Deborah Gillis

President & CEO, CAMH Foundation

Centre for Addiction and Mental Health Foundation

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