



The University of Ottawa Institute of Mental Health Research

The University of Ottawa Institute of Mental Health Research (IMHR) is one of the largest mental health research centres in Canada.

In strong partnership with the Royal Ottawa Health Care Group, the IMHR strives to continuously improve mental health and well-being through leadership, collaborative discoveries and innovation in research, patient care and education.

The IMHR's 'neuron to neighbourhood' approach examines mental illness on a continuum that spans basic biology to the level of the community itself.

From a social perspective, the stigma associated with mental disorders is beginning to fade, thanks in large part to research demonstrating biological underpinnings for psychiatric conditions.

From the scientific realm, this decade has witnessed unprecedented progress in neuroscience, neuroimaging and genetics research, igniting hope for imminent breakthroughs in knowledge of the causes and effective treatment of mental illness.

The Mission & Vision of the IMHR

The IMHR's mission is to create scientific knowledge to improve mental health and well-being both locally and globally. Its vision is to be the premier research institute with national and international 'centre of excellence' status that continuously improves mental health and well-being.

To achieve these objectives, the IMHR has developed leading-edge multidisciplinary research programs aimed at unraveling the biological and psychosocial factors contributing to mental illness, and to develop innovative ways to treat mental illness.

The IMHR currently incorporates cutting-edge platforms or research into its existing framework, including brain-imaging and translational neuroscience, all of which promise to improve both understanding and treatment of mental illness



Strength Through Strategic Partnerships

The IMHR is fortunate to have strong partnership commitments from the Royal Ottawa Mental Health Centre, the University of Ottawa, the Ontario Ministry of Health and Long-Term Care, the Local Health Integration Networks of Eastern Ontario (LHINs), and the federal government to support its work.

The IMHR is committed to building on these partnerships and developing others that will lead to additional collaborative studies among a variety of health disciplines.

Areas of Expertise

Researchers at the IMHR are conducting innovative research in a number of areas related to both the understanding and treatment of mental illness. Many of the IMHR's researchers are clinician-scientists who have expertise in both research and clinical care.

As a result, researchers at the IMHR are able to rapidly translate findings from the laboratory to the clinic where this new knowledge can be used to improve the quality of life for clients and their families.

The IMHR has dedicated clinical research units/platforms in the following areas:

- Forensic Psychiatry;
- Mood Disorders;
- Schizophrenia;
- Stress and Anxiety Disorders;
- Youth Psychiatry;
- Neuroelectrophysiology; and
- Sleep Disorders.

For More Information

To learn more about the IMHR, including funding opportunities as well as current research trials and opportunities, please visit www.imhr.ca, or call 613.722.6521, ext. 6551.



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